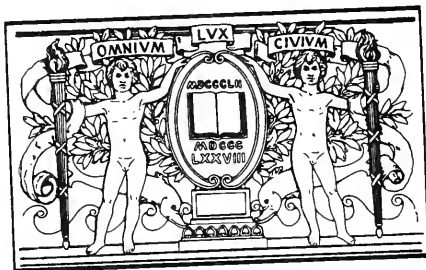




FOR CHILDREN

HOTLINES, HELPLINES, AND OTHER RESOURCES

by Miriam J. Williams Wilson, R.N.



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HELP

FOR CHILDREN

HOTLINES, HELPLINES,
AND OTHER RESOURCES

MIRIAM J. WILLIAMS WILSON, R.N.

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**TO MY BELOVED CHARLIE, MY HUSBAND AND BEST
FRIEND, OUR CHILDREN, AND CHILDREN
EVERYWHERE**

TO THE READER

May I suggest a quick read-through when you first purchase this book to become acquainted with the scope of services available for our children. You will no doubt be as surprised and delighted as I was to discover a wide variety of unique services that you never knew existed.

The book begins with Child Safety. Information is available to assist you in choosing safe toys and playground equipment. You can check on what cancer-causing products you may be purchasing without being aware of the danger. The *Hug A Tree* organization can provide slide programs to teach your child what to do when lost. Also covered are such subjects as drug and alcohol abuse, child abuse, violence in the home, incest, teen pregnancy, and suicide. A Child Health chapter includes most of the major childhood diseases. Even included is *Laughter Therapy* – old Candid Camera program tapes that are available for sick children. *Help for Children* also deals with the needs of the physically and mentally handicapped child. You will find information on the many national hotlines, helplines, clearing-houses, and other support systems available to help children through mine fields set for their potential destruction.

You won't want to miss the last chapter of *Help for Children*. It deals with children's non-crisis needs. Included is information on ways to help your child learn; how to obtain Library of Congress reading lists for pre-school to junior high age children; techniques to help your child achieve in school; music and film rating services; and information to assist your child in choosing a career. Most of the above services are free. You will probably find some agencies that you will want to contact right away! A vast network of help and support organizations await your call or letter.

Best wishes to you, dear reader, and all those children whose lives you touch. MJW

INTRODUCTION

This book evolved through 27 years of working with child-care professionals, parents, and children – people who often needed help for a life crisis, or a not so urgent problem concerning their children, and wanted to know where they could call or write. I found existing information and resources to help children scattered and not readily accessible. The need to compile this most useful information into one easy-to-read volume became apparent. *Help for Children* is not meant to be a comprehensive volume, but rather representative of the areas that I have found most often needed.

I would like to express my appreciation and admiration to all the people behind the Associations, Clearinghouses, Centers, Hotlines, Helplines, and other Support Groups who are caring for the needs of our nation's children. Thank you for the generosity, love, and energy that is involved in keeping these services available.

If there are some important resources that I have missed that you think should have been included in this book, please write me in care of the publisher, ROCKY RIVER PUBLISHERS, 2016 Willowdale Drive, Shepherdstown, WV 25443.

Working together we can help our children sing that unique song that only their special life can sing with its full clarity and beauty!

Miriam J. Williams Wilson, R. N.

All of the phone numbers in this book have been called and confirmed. They are accurate as of October 1987.

About the Author

Miriam J. Williams Wilson was born and raised in London, Ontario, Canada. She is a R. N. and Biofeedback Specialist and heads a *Children's Educational Center for Stress Management* in historic Shepherdstown, West Virginia – one and a half hours from Washington, DC. Miriam is a mother of a (his, mine, and ours) family of eight. Her years of childraising and operating a stress center for children have made her acutely aware of the needs of young people.

Miriam Wilson's professional career spans 27 years. She worked first in charge of emergency and later as a head nurse at a Los Angeles hospital. Subsequently, Miriam spent four years as a psychometrist, doing psychiatric testing, for a private psychiatric hospital in Ohio and an additional four years as a biofeedback specialist for a psychiatrist in Virginia.

Mrs. Wilson, in addition to heading a stress center, lectures extensively to children and adults on stress. She recently appeared on a radio talk show in Washington, D.C. and has just completed another book, *Stress Stoppers for Children and Adolescents*.

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Chapter 1. CHILD SAFETY

PRODUCT SAFETY We often put our children at risk and are not aware of it . Are your children's toys safe? Are there cancer-causing ingredients in their food? Is the safety restraint in your car really safe? The following section will point you toward resources to answer your most pressing safety questions.

SAFE TOYS AND FURNITURE

The Federal Consumer Product Safety Commission can help you determine whether you are purchasing safe toys and furniture for your children. They will tell you what toys are hazardous or have been recalled. The following free booklets are available: *Crib Safety - Keep Them on the Safe Side*; *Toys - A Fact Sheet* ; *Playground Equipment Guide* ; and *A Toy and Sports Equipment Safety Guide*.
Write: Office of Communications, Consumer Product Safety Commission, Washington, DC 20207 or **Call:** (800) 638-2772.

INJURY INFORMATION CLEARINGHOUSE

This organization collects and communicates information on injuries related to consumer products.

Write: National Injury Information Clearinghouse, 5401 Wesbard Avenue, Rm. 625, Washington, DC 20270 or **Call:** (301) 492-6424.

BURN PREVENTION FOR CHILDREN

The National Burn Victim Foundation is dedicated to preventing burn injuries. They can provide schools educational programs on burn prevention. Back-to-school programs are available for children who are burn victims.

Write: National Burn Victims Foundation, 308 Main Street, Orange, NJ 07050 or **Call:** (201) 731-3112.

CHILD AUTO RESTRAINT SYSTEMS

What sort of restraint seat should you buy for your child? A free booklet entitled, *Child Restraint Systems for your Automobile*, will give you the answer.

Write: National Highway Traffic Safety Administration, Publications Dept., 400 7th Street SW, Washington, DC 20590 or **Call:** (202) 366-9550 or (800) 424-9393 (Consumer Product Safety Commission).

HOW SAFE ARE MOTORCYCLES?

A free government booklet is available on the safety of motorcycles. Ways to reduce motorcycle accidents are presented.

Write: U. S. Department of Transportation, NHTSA, NTS/31, 400 7th Street SW, Washington, DC 20590.

AMERICAN ACADEMY OF PEDIATRICS

These people are concerned about safety issues as they effect your child. They can send you a publication entitled, *A Family Shopping Guide to Infant-Child Safety Seats*.

Write: American Academy of Pediatrics, Division of Public Education, 141 N. W. Point Blvd., P. O. Box 9127 Elk Grove Village, IL 60009.

ACCIDENTS IN THE HOME

Homes can present a number of hazards to young people. It is important that we recognize potential problems and prevent them if possible. The following information will help you avoid a number of common accidents.

CHILDHOOD ACCIDENTS IN THE HOME

A federal publication is available entitled, *Young Children and Accidents in the Home* (017-091-00191-0). The cost is \$4.25 and it describes accident scenarios and how to avoid them. First Aid information is included.

Write: Superintendent of Documents, U. S. Government Printing Office, Washington, DC 20402 or **Call:** (202) 783-3238.

PREVENTING LEAD POISONING

A free government publication is available entitled, *Lead Poisoning in Children* (HSA 78-5142), that discusses ways of preventing death or injury to children by lead poisoning.

Write: National Center for Education in Maternal and Child Health, 3520 Prospect Street NW, Washington, DC 200057 or **Call:** (202) 245-0151.

CANCER-CAUSING PRODUCTS IN THE HOME

A clearinghouse can send you a free list of 250 trade-name products that contain cancer-causing ingredients.

Write: Clearinghouse for Occupational Safety and Health Information, NIOSH, Center for Disease Control, 4676 Columbia Pkwy., Cincinnati, OH 45226 or **Call:** (513) 533-8326.

NATIONAL CLEARINGHOUSE FOR POISON CONTROL CENTERS

This organization assists the approximately 600 poison control centers throughout the U. S. and can refer you to local help.

Write: National Clearinghouse for Poison Control Centers, Parklawn Bldg, 5600 Fishers Ln., Rockville, Md 20857 or **Call:** (301) 443-6414.

NATIONAL CHILD SAFETY COUNCIL

This group can provide safety manuals, posters, brochures, and films on child safety.

Write: National Child Safety Council, P. O. Box 280, 4065 Page Avenue, Jackson, MI 49203 or **Call:** (517) 764-6070.

SAFETY FILMS

A free catalogue is available on safety-related films for children. Some of the topics included are playground equipment, poison prevention, packaging, and toys.

Write: Consumer Product Safety Commission, Washington, DC 20207 or **Call Hotline:** (800) 638-2772.

FAMILIES IN A DISASTER

A free government handbook is available that tells families what to do for survival in the event of disasters such as fires, floods, hurricanes, tornadoes, winter storms, earthquakes, tidal waves, nuclear power plant accidents, or nuclear attack.

Write: Federal Emergency Management Agency, P. O. Box 8181, Washington, DC.

BABY-SITTER RESPONSIBILITIES

If not properly trained or responsible, baby sitters can pose a threat to children's safety. A free government booklet can be obtained entitled, *The Super Sitter*, that gives the responsibilities of a baby-sitter.

Write: Office of Communications, Consumer Product Safety Commission, Washington, DC 20207 or **Call:** (800) 638-2772.

SAFETY OUTSIDE THE HOME

There are precautions that you can take to greatly reduce the risks to your child outside of your home. The following information should prove useful to you.

PAMPHLET ON MISSING CHILDREN

A government publication entitled, *Child Safety Program Handbook* (402N), is available for 50¢ that discusses the problem of missing children.

Write: Consumer Information Center, P. O. Box 100, Pueblo, CO 81102.

PROTECTING YOUR FAMILY AGAINST CRIME

The FBI can provide you and your family a booklet entitled, *Crime Resistance*. It presents ways to protect your family in and out of the home, while traveling, walking, or shopping.

Write: FBI, Office of Congressional and Public Affairs, Rm 6236, 10th Street at Pennsylvania Avenue SW, Washington, DC 20535.

RESOURCES FOR VICTIMS

A National Center exists that directs victims to sources of help. They will assist in establishing victim assistance programs at the local level.

Write: Office of Victims of Crime, Department of Justice, Rm 1352, 633 Indiana Avenue NW, Washington, DC or **Call:** (202) 724-5947.

IS YOUR DAY CARE CENTER SAFE?

A government publication is available entitled, *A Parents Guide to Day Care* (017-091-00231-2), for \$4.75. It discusses the proper selection of home care, family day care, or center-based care facilities.

Write: Superintendent of Documents, U. S. Government Printing Office, Washington, DC 20402 or **Call:** (202) 783-3238.

PROTECTION AGAINST SEXUAL ASSAULT

Films are available on ways to protect against sexual assault, and help victims.

Write: The National Center for the Prevention and Control of Rape, 5600 Fishers Lane, Rm 6C-12, Rockville, MD 20852 or **Call:** (301) 443-0353.

FIGHT DRUNK DRIVERS

A free pamphlet, *How You Can Help Fight Drunk Drivers*, tells you how you can become involved in solving this problem.

Write: National Highway Transportation Safety Administration, Public Affairs, DOT, 400 7th Street, SW, Washington, DC 20590 or **Call:** (202) 366-9550.

MOTHERS AGAINST DRUNK DRIVERS (MADD)

An action group that works for legislation that will discourage drunk drivers. They also are a self-help group for mothers whose children have been victimized by a drunk driver.

Write: Mothers Against Drunk Drivers, Towson, MD 21204 or **Call:** (301) 321-6233.

STUDENTS AGAINST DRUNK DRIVERS

Organization that attempts to develop better communications between parents and the teenage drinker. They can send you a contract between the parent and teenager stating that the teenager will always call the parent rather than drive after drinking and that the parent will always respond.

Call: (800) 521-SADD.

PARENTS OF MURDERED CHILDREN

This is a self-help organization of parents who have experienced the tragedy of a child being murdered. They can provide support and published material.

Write: Parents of Murdered Children, 1739 Bella Vista, Cincinnati, OH 45237 or **Call:** (513) 721-5683.

THE COMPASSIONATE FRIENDS

A self-help group of individuals who have experienced the death of a child, brother, or sister. They will counsel with callers and refer them to literature and other resources to help in coping with a child's death. Schools can contact them for help with a child who has experienced the death of a brother or sister. They have 570 chapters and an international network.

Write: The Compassionate Friends, P. O. Box 3696, Oak Brook, IL 60522 or **Call:** (312) 990-0010.

HUG-A-TREE AND SURVIVE

A program to educate children on what to do if they get lost. The group produces a slide show that can be presented by search and rescue or sheriff's reserve personnel.

Write: Hug-A-Tree and Survive, c/o Jacqueline Heet, 6465 Lance Way, San Diego, CA 92123. An all volunteer organization. Send a stamped, self-addressed envelope when corresponding.

CHILDREN'S DEFENSE FUND (CDF)

This group is involved in influencing federal and state governmental policies and legislation that relates to children. They can send you the latest information on pending legislation and issues affecting children.

Write: 122 C Street, NW, Washington, DC 20001

Call: (202) 628-8787.

Chapter 2. TEENS IN DISTRESS

RUNAWAY TEENS Teenagers need our help. Fortunately, society is becoming more aware of teenage problems with drugs, alcohol, suicide, and pregnancy. Also, better communication systems are available to help runaways and their families. The following are some of the more outstanding programs and sources of information.

RUNAWAY HOTLINE

The National Runaway Youth Hotline can provide help for both parents and runaways.

Call Hotline: 24 hours a day (800) 621-4000; In Illinois (800) 972-6004.

DIRECTORY OF RUNAWAY PROGRAMS

A free national directory of runaway youth programs is available from the Department of Health and Human Services.

Write: Division of Runaway Youth Programs, Administration of Children, Youth and Families, Department of Health and Human Services, P. O. Box 1182, Washington, DC 20013 or **Call:** (202) 755-7800.

TEMPORARY SHELTER FOR TEENAGERS IN VIRGINIA

Alternative House in McLean, VA provides short-term crisis intervention and temporary shelter for teenage runaways.

Write: Alternative House, Juvenile Assistance, McLean, Ltd. (JAM), P. O. Box 637, McLean, VA or **Call:** (703) 356-2045.

YOUTH HAVEN IN FLORIDA

Youth Haven in Florida provides temporary emergency care to children up to 18.

Write: Youth Haven, Inc. P. O. Box 7007, Naples, FL 33941 or **Call:** (813) 774-2904; (813) 774-2698.

NEUTRAL GROUND FOR TEENAGERS IN KANSAS

Wyandotte House/Neutral Ground in Kansas City can provide long or short-term crisis intervention for teenagers. Emergency and residential shelter is available for abused, deprived, and neglected children.

Write: Wyandotte House/Neutral Ground, Wyandotte House, Inc. 632 Tauromee, Kansas City, KS 66101 or **Call:** (913) 342-9332.

OPERATION: PEACE OF MIND (POM)

A 24-hour hotline is maintained to promote communications between parents and runaways who do not have to divulge their location.

Call Hotline: In Texas call (800) 392-3352. Out of the state of Texas (800) 231-6946.

HELP, INC.

This is an organization run by youths to help youths. It has a 24-hour telephone counseling line, free legal, psychological, medical, and referral help. Operates a free general medical clinic and runaway house.

Write: Help, Inc., 638 South Street, Philadelphia, PA 19147 or **Call:** (215) 546-7766.

CHILDREN OF THE NIGHT

Provides protection and support for children 8-17 who are involved in pornography or prostitution. Operates an outreach program and crisis center.

Write: Children of the Night, 1800 N. Highland Ave. #128, Hollywood, CA 90028 or **Call:** (213) 461-3160.

TEENAGE DRUG & ALCOHOL ABUSE

A number of free resources are available to help with these problems. Educational programs in the home and school are the best approach.

FILMS ON DRUG EDUCATION

Free drug education films are available for civic, educational, private, and religious groups.

Write: Office of Public Affairs, Drug Enforcement Administration, Department of Justice, 1405 I Street NW, Rm 1207, Washington, DC 20537 or **Call:** (202) 633-1469.

DRUG ABUSE INFORMATION

The National Clearinghouse on Drug Abuse and Alcohol For information: **Call:** (301) 468-2600; (301) 443-2403; and for drug abuse treatment and referral: **Call:** (800) 662-HELP (days, week-ends, evenings).

DRUG ABUSE WARNING NETWORK (DAWN)

This organization keeps abreast of drugs currently being abused by gathering data from hospital emergency rooms nationally. Detects new "trends" in drug use and new combinations.

Write: Information Systems Unit, Office of Drug Enforcement, Division Control Administration, Department of Justice, 1405 I Street, NW, Washington, DC 20537 or **Call:** (202) 633-1316.

ALCOHOL CLEARINGHOUSE

You can address your questions on alcohol and children to a National Clearinghouse. They can put you in touch with effective programs to prevent alcohol abuse by teenagers.

Write: National Clearinghouse for Alcohol Information (NCALI), P. O. Box 2345, Rockville, MD 20852 or **Call:** (301) 468-2600.

COACHES' PROGRAM FOR DRUG & ALCOHOL PREVENTION

The National High School Athletic Coaches Association sponsors a program to assist coaches in preventing drug and alcohol abuse among young people. Coaches can receive free information, slide shows, and video tapes on drug and alcohol problems and prevention. Clinics and workshops are conducted on drug and alcohol prevention for coaches by Federal Drug Enforcement Agents and professional and amateur athletes.

Write: Preventive Programs, Drug Enforcement Administration, Department of Justice, 1405 I Street NW, Washington, DC 20537 or **Call:** (202) 633-1437.

KEEPING DRUGS OUT OF THE SCHOOLS

A free guide is available for parents, schools, students, and communities on how to fight drug use by children. It describes the extent of the problem, effects of various drugs, and signs of use. Also included are legal considerations and an extensive list of resources. The title of the publication is *Schools Without Drugs*. (502R).

Write: Consumer Information Center-D, P. O. Box 100, Pueblo, Colorado 81002.

ALCOHOLICS ANONYMOUS

This renowned organization can send you a catalogue listing books, pamphlets, and audiovisual materials describing the fellowship. Some are free and others are available at listed prices. They can also put you in touch with local help.

Write: P. O. Box 459, Grand Central Station, New York, NY 10163.

Call: (212) 686-1100

PARENTS FOR DRUG FREE YOUTH

The National Federation of Parents for Drug-Free Youth has over 8,000 local chapters and serves as a clearinghouse and referral agency on youth drug and alcohol abuse problems. Free brochures are available entitled, *What Parents Must Learn About Teens and Alcohol*; *What Parents Must Learn About Teens and Marijuana*. They publish a newsletter called, *Drugs and Youth: An American Crisis*.

Write: 8730 Georgia Avenue, Suite 200, Silver Springs, MD 20910.

Call: (800) 554-5437; (301) 585-5437.

DO IT NOW FOUNDATION

Founded for peer to peer truthful communication about drugs. Conducts in-school and community programs concerning drug abuse. Can provide free literature and maintains a library.

Write: Do It Now Foundation, P. O. Box 5115, Phoenix, Arizona 85010 or **Call:** (602) 257-0797.

EDUCATIONAL MATERIALS ON DRUGS AND

ALCOHOL An educational group that will send you a catalogue of publications on alcohol and other drugs and the prevention of their abuse.

Write: Hazelden Educational Materials, Box 176, Pleasant Valley Road, Center City, MN 55012 or **Call:** (800) 328-9000.

HOW TO STOP SMOKING

A publication, *How to Stop Smoking Without Gaining Weight*, can be obtained that graphically shows what smoking does to the body. It illustrates the effects of smoking on the lungs, arteries, and brain. Also shows how you can be a successful ex-smoker and not gain weight. The publication costs \$1.75.

Write: Review and Herald Publishing Association, 55 West Oak Ridge Drive, Hagerstown, MD 21740.

FAMILIES IN ACTION

This organization publishes a quarterly newsletter *Drug Abuse Update*.

Write: Families in Action, 3845 N. Druid Hills Road, Suite 300, Decatur, GA 30033 or **Call:** (404) 325-5799.

DRUG ABUSE ISSUES

The Committees of Correspondence publishes a newsletter and exchanges information on drug abuse issues. They can recommend other reading.

Write: Committees of Correspondence, 57 Conant St., Room 113, Danvers, MA 01923 or **Call:** (617) 774-2641.

PRIDE

Parents Resource Institute for Drug Education (PRIDE) publishes a quarterly newsletter and catalogue of resource material.

Write: PRIDE, 100 Edgewood Avenue, Suite 1002, Atlanta, GA 30303 or **Call:** (800) 241-9746.

TOUGHLOVE

National self-help group united to help parents with children that are demonstrating inappropriate behavior.

Write: Toughlove, Box 1069, Doylestown, PA 18901 or **Call:** (215) 348-7090.

NAR-ANON FAMILY GROUP

National self-help group organized to assist families that are dealing with drug abuse problems.

Write: Nar-Anon Family Group Headquarters, Inc., Box 2562, Palos Verdes Peninsula, CA 90274 or **Call:** (213) 547-5800.

AL-ANON FAMILY GROUP

National self-help group for families dealing with alcohol abuse. Includes *Teen-Anon* for teenagers coping with a family member who is suffering from alcohol abuse.

Write: Al-Anon Family Group, 1372 Broadway Ave., New York, NY 10018 or **Call:** (212) 302-7240.

TEENAGE SEXUALITY Many young lives are ruined at a early age because of sexual promiscuity or rape. We need to do a better job of educating our teenagers about their sexuality and how to protect themselves against sexual assault.

ADOLESCENT PREGNANCY

Federal programs and funding concerning adolescent pregnancy are administered by a division of the Public Health Service. They can provide you up-to-date information on this subject.

Write: Adolescent Pregnancy Programs, Public Health Service, Department of Health and Human Services, 1330 Independence Avenue, SW, North Bldg. Room 1351, Washington, DC or **Call:** (202) 245-7473. or **Write:** Pregnancy Information, P. O. Box 10716, Rockville, MD 20850; or **Call:** (301) 770-3662.

FACTUAL INFORMATION REGARDING SEX AND TEENS (FIRST)

This is a teens helping teens phone line in North Carolina to give teenagers a better understanding of the dynamics and consequence of teen sex and pregnancy.

Write: FIRST, Box 57, Sanford, NC 27330 or **Call:** (919) 774-9515.

VENEREAL DISEASES

A free government booklet can be obtained on the symptoms, diagnosis, and treatment of diseases spread through sexual contact.

Write: NIH, The National Institute of Allergy and Infectious Diseases, Building 31, Room 7A32, Bethesda, MD 20205.

CONTRACEPTIVE USE

The government publishes a free fold-out chart entitled, *Contraception: Comparing the Options* (554N). It lists and evaluates the nine common methods of birth control.

Write: Consumer Information Center, Box 100, Pueblo, CO 81002.

ARE ORAL CONTRACEPTIVES SAFE?

A 50 ¢ publication, *Facts About Oral Contraceptives*, by NIH will give you the research findings on the risks, side effects, and benefits of oral contraceptives.

Write: Consumer Information Center, P. O. Box 100, Pueblo, CO 81002.

RAPE INFORMATION CLEARINGHOUSE

Publications and experts are available on rape control and prevention. Free directory of rape crises centers is available. Also, publications and films can be obtained on protecting against rape and helping victims.

Write; National Center for the Prevention and Control of Rape. National Institute of Mental Health, Department of Health and Human Services, 5600 Fishers Lane, Room 6C-12, Rockville, MD 20857 or **Call:** (301) 443-0353.

TEENAGE SUICIDE We are all alarmed at the increased rate of teenage suicides. Programs are available for education and emergency intervention.

INFORMATION ON TEENAGE SUICIDES

The government has free publications and films (to loan) that deal with teenage depression and suicide. Publication: *Adolescence and Depression: Dealing With the Crisis of Suicide*. Films: *Lost Cry for Help*; *Teenage Suicide: Is anyone Listening?*; *Help me- The Story of a Teenage Suicide*; and *Teenage Suicide-- Don't Try It!*

Write: National Institute of Mental Health, 5600 Fishers Lane, Rockville, MD 20857 or **Call:** (301) 443-4515.

NATIONAL ADOLESCENT SUICIDE HOTLINE

A 24-hour hotline is maintained for crisis intervention in potential teenage suicides.

Call: US and AK (800) 621-4000.

Chapter 3. **CHILD ABUSE & NEGLECT**

MISSING & EXPLOITED CHILDREN

CHILD ABUSE & NEGLECT Nothing is more heart-breaking than an abused or neglected child. You may observe a child being abused and not know what to do. There are programs to help both the child and parent.

CHILD ABUSE CLEARINGHOUSE

Information and publications are available from a national clearinghouse on child abuse. They can send you an excellent publication entitled, *Child Sexual Abuse Prevention - Tips to Parents* (in English and Spanish). Included are definitions of child abuse, ways to report abuse, contacts at the local level, and reporting numbers for each state. They can also send you a free catalogue of other available publications.

Write: National Clearinghouse on Child Abuse and Neglect Information, P. O. Box 1182, Washington, DC 20013 **Call:** (703) 821-2086 or (202) 224-3121.

NATIONAL CENTER ON CHILD ABUSE AND NEGLECT A call to this organization can put you in touch with programs that are available in your area on child abuse and neglect.
Call: (202) 245-2859.

24-HOUR CHILD ABUSE HOTLINE

A 24-hour hotline exists where you can report cases of child abuse. They can put you in touch with a number of services including treatment for abused and abandoned children.
Call: (800) 422-4453.

AMERICAN ASSOCIATION FOR PROTECTING CHILDREN This organization develops and distributes an annual report on cases of child abuse nationally.
Write: American Association for Protecting Children, 9725 East Hampden Avenue, Denver CO 80231 or **Call:** (800) 227-5242 and MD (301) 695-0811.

NATIONAL COMMITTEE FOR PREVENTION OF CHILD ABUSE This organization is a national advocate for the development of social services to prevent child abuse. They can send you a *National Directory of Child Abuse Services*, plus other publications, and they can put you in touch with a local chapter in your state.

Write: National Committee for Prevention of Child Abuse, 332 S. Michigan Avenue, Chicago, IL 60604 or **Call:** (312) 663-3520.

CHILDHHELP U.S.A.

This organization sponsors a number of activities toward preventing child abuse and helping abused children. Promotes the *Brothers and Sisters Emergency Care Program* that allows siblings to stay together when they are removed from homes because of abuse.

Write: Childhelp, U. S. A., Inc. 6463 Independence Avenue, Woodland Hills, CA 91367 or **Call:** (800) 4-A-CHILD

VILLAGE OF CHILD HELP

A residential program that provides care and treatment of the abused child in a loving environment with a professional staff of many different specialists.

Write: Village of Child Help, P. O. Box 247, 14700 Manzanita Park Rd., Beaumont, CA 92223 or **Call:** (714) 845-3155.

AMERICANS FOR CHILDREN'S RELIEF

An organization that strives to fill the gaps in government programs to aid needy children worldwide. Currently, ACR is concerned with American Indian children and children of migrant workers.

Write: Americans for Children's Relief, 49 Greenwich Avenue, Greenwich, Connecticut 06830.

PARENTS ANONYMOUS

An organization of adults who have abused their children and want to stop, as well as others interested in the child abuse problem. They can put you in touch with one of over 1,200 chapters nationwide.

Write: Parents Anonymous, 7120 Franklin Avenue, Los Angeles, CA 90046 or **Call:** (800) 421-0353 or (213) 410-9732.

PARENTS AGAINST MOLESTERS

This organization can provide guidance for a community to develop self-help groups. They can provide films for school and civic organizations.

Write: Parents Against Molesters, P. O. Box 12951, Norfolk, VA 23502 or **Call:** (804) 465-1582.

PARENTS UNITED

A self-help group of individuals who are dealing with sexual abuse problems. They have chapters nationwide. Includes Daughters and Sons United and Adults Molested as Children United.

Write: Parents United, 952 San Hosea, CA 95108 or **Call:** (408) 280-5055.

VIOLENCE IN THE HOME (SHARE)

The Department of Justice can supply you with information about family violence and child abuse.

Write: Department of Justice, Project Share, P. O. Box 2309, Rockville, MD 20852 or **Call:** (301) 231-9540.

MISSING AND EXPLOITED CHILDREN

A number of organizations exist that can help with missing and exploited children. Also, hotlines exist where information can be exchanged to assist in the location and recovery of missing children.

NATIONAL CENTER FOR MISSING AND EXPLOITED CHILDREN

This organization can provide free publications on missing and exploited children including: *Directory of Support Services and Resources for Missing and Exploited Children*, *Education and Prevention Guidelines*, and *Summary of Selected State Legislation-the Better Child-protection Laws in the US*. A free booklet is available entitled, *Parental Kidnapping Handbook*, to help a parent who has had a child kidnapped.

Write: National Center for Missing and Exploited Children, 1835 K Street, NW, Suite 700, Washington, DC 20006 or **Call:** (202) 634-9821; (800) 843-5678; (800) 843-5679.

HOTLINE FOR MISSING AND EXPLOITED CHILDREN

A national hotline is maintained to exchange information that may lead to the location and recovery of a missing child. If you know of the location of a missing child, call this hotline.

Call: (800) 843-5678.

MISSING CHILDREN - HELP CENTER

A communication agency between missing children and their parents. Maintains a data base of statistics on missing children nationwide and fingerprints of children reported missing.

Write: Missing Children - Help Center, 410 Ware Blvd., Suite 400, Tampa, FL 33619 or **Call:** (813) 623-5437.

CHILD FIND INTERNATIONAL

Helps missing children and parents find one another by providing a telecommunication service and maintaining a register of missing children in the country.

Write: Child Find, P.O. Box 277, New Paltz, NY 12561 or **Call:** toll free(800) 648-3463.

KID WATCH

This is a service provided by the American Child Protection Organization. You can register your child for a nominal fee. If you report your child as missing within 24-hours, they will begin an exhaustive search and publicity campaign to find him. Using radio stations across the country and free posters they will undertake an immediate search to find your child. They will also provide counseling to those dealing with the trauma of a missing child. Free pamphlets are available and a series of, *It's OK to Say NO*, books for \$3.95 each.

Write: Kid Watch, 292 Hoffman Lane, Hauppauge, NY 11788.

Call: (800) 543-9282; (800) KID-WATCH.

Chapter 4. Children's Health Services

GENERAL INFORMATION A number of clearinghouses and information centers exist that can point you in the right direction to find information on specific children's health care problems. These people can also help you locate specialized treatment centers and support groups.

HEALTH INFORMATION CLEARINGHOUSE

This clearinghouse can help you locate information on any health question. They can send you an information kit that lists their services and toll-free numbers for clearinghouses and agencies dealing with health problems.

Write: National Health Information Clearinghouse, P.O. Box 1133, Washington, DC 20013 or **Call:** (800) 336-4797. In Virginia (703) 522-2590.

CHILD HEALTH INFORMATION

An Institute at NIH can provide you the latest information on topics such as birth defects, developmental disabilities, Sudden Infant Death Syndrome, and infertility.

Write: National Institute of Child Health and Human Development, NIH, Department of Health and Human Services, 9000 Rockville Pike, Bethesda, MD 20205 or **Call:** (301) 496-5133.

DIRECTORY OF HEALTH SERVICES

You can obtain a directory from the Health Services Administration listing all their publications on various health subjects.

Write: Office of Public Affairs, Health Resources and Services Administration, Department of Health and Human Services, 5600 Fishers Lane, Room 1443, Rockville, MD 20857 or **Call:** (301) 443-2086.

CANCER CLEARINGHOUSE

This clearinghouse can provide educational material and advice on children's cancers and treatment centers.

Write: Cancer Information Clearinghouse, National Cancer Institute, 805 15th Street NW, Rm. 500, Washington, DC 20005 or **Call:** (301) 496-5583 or (301) 469-4000.

AMERICAN CANCER SOCIETY

The American Cancer Society publishes free booklets on children and cancer. They are entitled, *What Happened To You Happened To Me*; *It Helps To Have Friends (when mom or dad have cancer)*; and *Youth Looks At Cancer*. You can request these booklets through your local chapter listed in the phone directory.

Write: American Cancer Society, 90 Park Avenue, New York, NY 10016 or **Call:** (212) 599-3600; (212) 586-8700.

LEUKEMIA SOCIETY OF AMERICA

This society can provide patients and families of children with leukemia information, phone counseling, and free literature. Financial aid is also available for qualified outpatients being treated for leukemia, lymphomas, and multiple myeloma.

Write: Leukemia Society of America, 2900 Eisenhower Avenue, Suite 419, Alexandria, VA 22314 or **Call:** (703) 960-1100 (may call collect).

HEALTH PROBLEMS Children have their own unique health problems. Fortunately, there are organizations and institutions that specialize in dealing with these problems.

NATIONAL FOUNDATION FOR SUDDEN INFANT DEATH This group assists bereaved parents who have lost a child to SIDS. It has free publications on the problem.

Write: National Foundation for Sudden Infant Death, 1501 Broadway, New York, NY 10036 or **Call:** (201) 807-0540.

PAMPHLET ON SUDDEN INFANT DEATH SYNDROME A free government publication is available entitled, *Facts About Sudden Infant Death Syndrome (Crib Death)* (HSA-81-5259), that discusses the problem and gives additional sources of information.

Write: National Center for Education in Maternal and Child Health, 3520 Prospect Street NW, Washington, DC 20057 or **Call :** (202) 625-8400.

NATIONAL SIDS FOUNDATION

The National SIDS Foundation operates a national referral program to respond to questions and concerns about SIDS. This organization can identify local resources available to SIDS families, other interested health professionals, and the public. Available are booklets entitled, *Facts About SIDS*; *How Shall We Tell The Children*; *The Subsequent Children*, as well as other materials.

Write: National SIDS Foundation, 2 Metro Plaza, Suite 104, 8200 Professional Place, Landover, MD 20785-2264 or **Call:** (800) 221-7437; (301) 459-3388.

CHILDHOOD IMMUNIZATION

A free government publication is available entitled, *A Parent's Guide to Childhood Immunization*, that discusses measles, polio, rubella, mumps, diphtheria, whooping cough, and tetanus.

Write: Consumer Information Center, Box 100, Pueblo, CO 81002.

DISSATISFIED PARENTS TOGETHER

A group of parents interested in reforming the vaccine system because their children have been damaged by vaccines. They can refer parents of vaccine-damaged children to doctors and lawyers for support services.

Write: Dissatisfied Parents Together, 128 Branch Rd., Vienna, VA 22180 or **Call:** (703) 938-3783.

SHOTS AND DROPS FOR YOUNG CHILDREN

A government publication is available entitled, *A Tale of Shots and Drops for Parents of Young Children* (017-092-00058-8), that costs \$3.25. It discusses immunization needs for children.

Write: Superintendent of Documents, U. S. Government Printing Office, Washington, DC 20402 or **Call:** (202) 783-3238.

DANGERS OF REYE'S SYNDROME

A free government publication is available entitled, *A Word of Caution About Treating Flu or Chicken Pox* (506N), that shows how some treatments may lead to Reye's Syndrome.

Write: Customer Information Center, Box 100, Pueblo, CO 81002.

REYE'S SYNDROME HOTLINE

Although a major cause of death in children between one to ten it's often misdiagnosed. This hotline will respond to your questions about Reye's Syndrome. They can send you literature and put you in touch with local organizations that can help.

Write: P. O. Box 829, 426 North Lewis, Bryan, Ohio 43506 or **Call:** (800) 233-7393; (Ohio) (800) 231-7393.

USE AND MISUSE OF ASPIRIN

A free government booklet called *Aspirin* will tell you of the proper use and risks in taking aspirin. It also tells you what to do in case of an overdose.

Write: Consumer Information Center, P. O. Box 100, Pueblo CO 81002.

SICKLE CELL DISEASE

This is a common blood disorder. The National Association for Sickle Cell Disease can answer your questions about sickle cell disease as it relates to young people. They distribute fact sheets about sickle cell and pregnancy, and how the disease is passed from parent to child.

Write: National Association for Sickle Cell Disease, 4221 Wilshire Blvd., Los Angeles, CA 90010-3503 or **Call:** (800) 421-8453.

CHILDHOOD OBESITY

A free government publication is available entitled, *Obesity in Childhood*, that describes approaches toward solving this problem.

Write: Office of Research Reporting, National Institute of Child Health and Human Development, Bldg. 31, Rm 2A-32, National Institutes of Health, 9000 Rockville Pike, Bethesda MD 20205 or **Call:** (301) 496-5133.

QUESTIONS ON AIDS

The latest answers to frequently asked questions about AIDS can be found in a 50 ¢ publication by the Department of Health and Human Services entitled, *AIDS*. It discusses causes, symptoms, transmission, treatment, prevention, and more.

Write: Consumer Information Center, P. O. Box 100, Pueblo, CO 81002 for the publication. You can direct your specific questions concerning AIDS and children to a national center that is coordinating AIDS research. **Write:** Center for Disease Control, Office of Public Affairs, 1600 Clifton Road NE, Building 1, Room 2167, Atlanta, GA 30333. **Call:** Aids Hotline for Kids (415) 435-5022.

CHILD HEALTH CARE ASSOCIATIONS

A number of organizations exist that are dedicated to helping children and parents with particular child health care problems.

AMERICAN ALLERGY ASSOCIATION

Patients and others interested in problems related to allergies. Disseminates information on diet, environmental control, and other types of allergy advice.

Write: American Allergy Association, P. O. Box 7273, Menlo Park, CA 94025 or **Call:** (415) 322-1663.

AMERICAN ACADEMY OF ALLERGY AND IMMUNOLOGY

Allergies can have a profound effect on children's health and learning abilities. The American Academy of Allergy and Immunology can send you free (if you send a self-addressed, stamped envelope) literature on various allergies such as asthma, hay fever, eczema, food allergies, and hives. They will also refer you to a specialist in your area.

Write: 611 East Wells Street, Milwaukee, Wisconsin 53202 or **Call:** (414) 272-6071.

ARTHRITIS FOUNDATION

An organization concerned with rheumatic diseases. The Arthritis Foundation is dedicated to the discovery of the cause of these diseases and better methods for their treatment and prevention. Literature is available.

Write: Arthritis Foundation, 1314 Spring Street, N. W. , Atlanta, GA 30309 or **Call:** (404) 872-7100.

CHILDREN'S BLOOD FOUNDATION

Seeks to combat children's blood diseases such as leukemia, hemophilia, hemorrhagia of the newborn, Cooley's (Mediterranean) anemia, sickle cell and other anemias. Provides diagnosis and treatment for children in the NYC area.

Write: Children's Blood Foundation, 342 Madison Avenue, New York, NY 10017.

AMERICAN CELIAC SOCIETY

Individuals interested in a gluten-free diet. They can provide specialized educational programs.

Write: American Celiac Society, 45 Giffard Avenue, Jersey City, NJ 07304 or **Call:** (201) 432-1207.

AMERICAN DIABETES ASSOCIATION

Promotes the free exchange of knowledge about diabetes by educating the public in the early detection of this disorder. Educational material is available to give diabetics a better understanding of their disease.

Write: American Diabetes Association, 2 Park Avenue, New York, NY 10016 or **Call:** (212) 947-9707.

JUVENILE DIABETES FOUNDATION

These are the people to contact for information about juvenile diabetes. They can refer you to local help. You might want to request their free brochures which include *What You Should Know About Juvenile Diabetes* and *What the Teacher Should Know: Your Student Has Diabetes*.

Write: Juvenile Diabetes Foundation, 432 Park Avenue, South, New York, NY 10016 or **Call:** (800) 223-1138; (212) 889-7575.

MUSCULAR DYSTROPHY ASSOCIATION

Fostering research into the cause and cure of muscular dystrophy. They can send you information and make referrals.

Write: Muscular Dystrophy Association, 810 7th Avenue, New York, NY 10019 or **Call:** (212) 586-0808.

EPILEPSY FOUNDATION OF AMERICA

National voluntary health agency that serves as the “focal point for the fight against epilepsy in the US.” They can send you educational material.

Write: Epilepsy Foundation of America, 4351 Garden City Drive, Landover, MD 20781 or **Call:** (301) 459-3700.

MENDED HEARTS

This organization consists of people who have successfully undergone heart surgery and their family and friends. They provide advice and encouragement to patients undergoing heart surgery and their families.

Write: Mended Hearts, 7320 Greenville, Avenue, Dallas, Texas 75231 or **Call:** (214) 750-5442.

NATIONAL HEMOPHILIA FOUNDATION

This organization helps in blood recruitment drives, referral services for patients, and sponsors summer camps for young hemophiliacs.

Write: National Hemophilia Foundation, 25 West 39th Street, New York, NY 10018 or **Call:** (212) 966-5415.

CHILD LIVER FOUNDATION

For parents and friends of children with liver disorders and other interested people. Can provide information and advice on treatment centers.

Write: Children’s Liver Foundation, 28 Highland Avenue, Maplewood, NJ 07040 or **Call:** (201) 761-1111.

AMERICAN LUNG ASSOCIATION

For all who are interested in the prevention and control of lung disease. They can send you information.

Write: American Lung Association, 1740 Broadway, New York, NY 10019 or **Call:** (212) 315-8700.

P. K. U. PARENTS

An organization for parents and health care professionals who deal with parents of children with phenylketonuria, an inherited metabolic disease.

Write: P. K. U. Parents, 518 Paeo Drive, Los Altos, CA 94022 or **Call:** (415) 941-9799.

AMERICAN COLLEGE OF SPORTS MEDICINE

Disseminates information on the effects of sports and other related activities on health at various stages of life.

Write: American College of Sports Medicine, 1440 Monroe Street, Madison, WI 53706 or **Call:** (608) 831-4400.

SPINA BIFIDA ASSOCIATION OF AMERICA

Spina Bifida "open spine" is the second most common birth defect and results in muscle weakness and paralysis. This organization can provide you information on its treatment.

Write: Spina Bifida Association of America, 343 S. Dearborn Avenue, Suite 319, Chicago, IL 60604 or **Call:** (312) 663-1562.

SECOND OPINION ON SURGERY

People from this organization can advise concerning non-emergency surgery. They will help you locate a surgeon or other specialist. Has a free publication, *Thinking of Having Surgery*.

Write: National Second Surgical Opinion Program, Health Care Financing, Administrative Office of Public Affairs, 330 Independent Ave. SW, Washington, DC 20201 or **Call:** (800) 638-6833.

ORGAN DONORS

The Living Bank is the only registry in the U. S. for organ donors. They will answer your questions about membership and donating or receiving organs for transplant.

Write: Organ Donors, P. O. Box 6725, Houston, TX 77265 or **Call:** (800) 528-2971.

FREE OR LOW COST MEDICAL CARE

Over 5,000 medical care facilities participate in the Federal Hill-Burton Free Care Program. A free brochure is available describing eligibility requirements.

Write: BHMORD-JRSA, 5600 Fishers Lane, Rockville, MD 20857 or **Call Hotline:** (800) 638-0742 (in Maryland) or (800) 492-0359 (except Alaska and Hawaii).

WISH FULFILLMENT FOR CHILDREN THAT ARE TERMINALLY ILL

Fortunately, we live in a society with a heart. A number of organizations and volunteers exist that will help enrich the life of a terminally or chronically ill child.

A CHILD'S WISH COME TRUE

This group sponsors fundraisers so that they can grant the greatest wishes of terminally or chronically ill children.

Write: A Child's Wish Come True, 134 Southbridge Street, Worcester, MA 01610 or **Call:** (617) 797-4141.

A WISH WITH WINGS

Raises funds so they can grant the wishes of children under the age of 18 that suffer from life-threatening illnesses. They can provide toys, trips, or introductions to celebrities and other "greatest wishes."

Write: A Wish With Wings, P. O. Box 110418, Arlington, TX 76007 or **Call:** (817) 261-8752.

BRASS RING SOCIETY

A Society that seeks to fulfill the dreams of terminally ill children.

Write: Brass Ring Society, 7020 S. Yale Ave., Suite 103, Tulsa, OK 74136.

DREAM FACTORY

This organization seeks to “bring smiles to the faces of seriously ill children” by granting their greatest wish. Sponsors an annual summer camp.

Write: Dream Factory, P. O. Box 188, Hopkinsville, KY 42240.

MAKE-A-WISH FOUNDATION OF AMERICA

Organization that grants wishes to terminally ill children. They attempt to take into account the whole family's needs (eg. other brothers and sisters) when they grant a wish.

Write: Make-A-Wish Foundation of America, 4601 N. 16th Street, Suite 205, Phoenix, AZ 85016 or **Call:** (602) 234-0960.

STARLIGHT FOUNDATION

This group will help arrange and finance special trips or other wishes of chronically, critically, and terminally ill children.

Write: Starlight Foundation, 10100 Santa Monica Blvd., Suite 785, Los Angeles, CA 90067 or **Call:** (213) 557-1414.

SUNSHINE FOUNDATION

Volunteers who seek to fulfill the wishes of terminally ill children, most suffering from kidney disease, leukemia, or cancer.

Write: Sunshine Foundation, 4010 Lenich Street, Philadelphia, PA 19135 or **Call:** (215) 335-2622.

OPERATION LIFTOFF

Established to fulfill the wishes of terminally ill children.

Write: Operation Liftoff, 1171 Kings Avenue, Ben Salem, PA 19020 or **Call:** (215) 639-1586.

SUPPORT GROUPS FOR ILL CHILDREN

Some extra attention is available for ill children through various support groups.

MAIL FOR TOTS

Volunteers who write letters to cheer up seriously ill or handicapped children or adults.

Write: Mail for Tots, 25 New Chardon Street, P. O. Box 8699, Boston, MA 02114.

CANDLELIGHTERS

A group of parents whose children have had cancer. They work to increase public awareness of cancer in children. Counseling and publications are available to parents who have children with cancer.

Write: Candlelighters, 1910 Pennsylvania Avenue, Suite 1001, Washington, DC 20003 or **Call:** (202)659-5136.

SPECIAL HEALTH CARE FACILITIES FOR CHILDREN

A number of specialized children hospitals are located throughout the United States. Some of these provide free care for particular children's illnesses.

ST. JUDE CHILDREN'S RESEARCH HOSPITAL

Treats children of all races and creeds, without charge, and conducts research on children's catastrophic diseases. Organized by TV star Danny Thomas.

Write: ALSAC-St. Jude Children's Research Hospital, 611 Massachusetts Avenue, Indianapolis, Indiana 46204 or **Call:** (901) 522-0300.

JEWISH CENTER FOR IMMUNOLOGY AND RESPIRATORY MEDICINE Provides care, treatment, and rehabilitation of intractable asthmatic children of all races and creeds from all parts of the U. S., Canada, and other nations.

Write: Jewish Center for Immunology and Respiratory Medicine, 1999 Julian Street, Denver, CO 80204 or **Call:** (303) 388-4461 and (800) 222-LUNG.

LUNG LINE

This service is sponsored by the National Jewish Center for Immunology and Respiratory Medicine. Trained personnel will answer your questions about the care and prevention of such diseases as asthma, emphysema, chronic bronchitis, tuberculosis, juvenile rheumatoid arthritis, and food allergies.

Write: Lung Line, 1400 Jackson Street, Denver, CO 80206 or **Call:** (800) 222-LUNG.

SHRINER'S HOSPITAL FOR CHILDREN

Provides free care for children under 18 needing orthopedic and burn treatment.

Call: (800) 237-5055; Florida (800) 282-9196.

JOIN NIH STUDIES

If your child has an illness that is being studied by the National Institutes of Health, they may admit him or her as a patient. Such patients receive free medical care.

Write: Director of the Clinical Center, Building 10, Room 1N212, National Institutes of Health, Bethesda, MD 20205. or **Call:** NIH, Warren Grant Magnuson Clinical Center's Patient Referral Services Unit (301) 496-4891.

Chapter 5. MENTAL HEALTH & HANDICAPPED CHILDREN

INFORMATION ON MENTAL HEALTH FOR CHILDREN

Clearinghouses and publications exist that will lead you in the right direction for answers to your specific questions on children's mental health.

MENTAL HEALTH CLEARINGHOUSE

A national clearinghouse exists where you can get information and publications on child mental health. The following publications are available: *Plain Talk About Dealing with the Angry Child* (ADM 79-781); *Plain Talk About Feelings of Guilt* (ADM 78-580); *Plain Talk About Raising Children* (ADM 79-875); and *Plain Talk About When your Child Starts School* (ADM 80-1021).

Write: National Clearinghouse for Mental Health Information, Room 11A-21, 5600 Fishers Lane, Rockville, MD 20857 or **Call:** (301) 443-4513 or (301) 443-4514.

GUIDE TO MENTAL HEALTH SERVICES

The government can send you a free publication, *A Consumer's Guide to Mental Health Services (544N)*, that describes different forms of therapy and financial aid for mental health problems.

Write: Consumer Information Center, P. O. Box 100, Pueblo CO 81002.

AMERICAN ASSOCIATION OF PSYCHIATRIC SERVICES FOR CHILDREN

A national organization that can provide you a directory of member services. It acts as a clearing-house for child mental health questions.

Write: AAPSC, 1701, 18th Street NW, Washington, D C 20009.

LAUGHTER THERAPY

These people can supply tapes of old Candid Camera movies to patients. Maintains a library of 50 topics.

Write: Laughter Therapy, P. O. Box 827, Monterey, CA 93940 or

Call (408) 625-3788 OR (213) 855-3394.

EXERCISE AND MENTAL HEALTH

The National Institute of Mental Health has written a free publication that discusses the importance of exercise for good mental health, appropriate exercise for young and old, as well as, the physically and mentally handicapped. The publication is entitled, *Plain Talk About Physical Fitness and Mental Health (563R)*.

Write: Consumer Information Center-D, P. O. Box 100, Pueblo, CO 81002.

QUESTIONS ON SCHIZOPHRENIA

Confusion surrounds this mental disease. A free publication entitled, *Schizophrenia: Questions and Answers (566R)*, by the National Institute of Mental Health describes the causes, treatments, and outlook for this debilitating illness affecting millions of Americans.

Write: Consumer Information Center-D, Box 100, Pueblo, CO 81002.

WARNINGS SIGNS OF MENTAL ILLNESS

The National Institute of Mental Health can provide you a \$1.00 publication, *You Are Not Alone* (126R), that discusses warning signals, causes, and types of mental illness. Information is provided on ways to maintain good mental health.

Write: Consumer Information Center-D, P. O. Box 100, Pueblo, CO 81002.

ANAD - NATIONAL ASSOCIATION OF ANOREXIA

NERVOSA Anorectics, bulimics, their families, and health care professionals interested in the problem of anorexia nervosa and bulimia. They maintain a speakers bureau, provide children's services and conduct a referral service.

Write: ANAD - National Association of Anorexia Nervosa and Associated Disorders, Box 271, Highland Park, IL 60035 or **Call:** (312) 831-3438.

AMER. ANOREXIA /BULIMIA ASSOCIATION

This organization is composed of families and professionals interested in these eating disorders. They act as an information and referral service for people dealing with these problems.

Write: American Anorexia/Bulimia Association, 133 Cedar Lane, Teaneck, N.J. 07666 or **Call:** (201) 836-1800.

BASH, SELF-HELP FOR ANOREXICS AND BULIMICS

ICS Self-help group of individuals coping with bulimia (binging and purging) and anorexia (self-induced starvation). They provide a 24-hour crisis intervention hotline and other services.

Write: BASH, 6125 Clayton Avenue, Suite 215 St. Louis, MO 63139.

Call: Crisis Hotline (800) 762-3334; BASH Information (800) 227-4785.

THE HYPERACTIVE CHILD

The government has a publication entitled, *Helping the Hyperactive Child*, that provides sensible information for parents about coping with hyperactive behavior in and outside the home. It costs \$1.00.

Write: Consumer Information Center, Box 100, Pueblo, Colorado 81002.

MENTALLY HANDICAPPED CHILDREN

Fortunately, a number of people and organizations are available to assist mentally handicapped children.

GENETIC DISEASE CLEARINGHOUSE

You can address your questions on genetic diseases to this clearinghouse. These people can also provide literature, charts, audio cassettes, teaching kits, and directories of clinical resources.

Write: National Clearinghouse for Human Genetic Diseases, Department of Health and Human Services, Ground Floor, Suite 1, 3520 Prospect Street, Washington, DC 20051.

ASSOCIATION ON MENTAL DEFICIENCY

The American Association on Mental Deficiency is interested in the general welfare of mentally retarded persons and the study of the cause, treatment, and prevention of mental retardation.

Write: American Association on Mental Deficiency, 5101 Wisconsin Avenue, NW, Washington, DC 20016 or **Call:** (202) 387-1968.

ASSOCIATION FOR CHILDREN WITH LEARNING DISABILITIES

This association provides assistance to parents, children, schools, camps, and recreational programs. It serves as a clearinghouse for problems associated with children's learning disabilities and distributes publications on this subject.

Write: ACLD, 4900 Girard Road, Pittsburgh, Pennsylvania 15236 or **Call:** (412) 881-2253.

CHILDREN AND ADULTS WITH AUTISM

The National Society for Children and Adults with Autism consists of parents, teachers, psychologists, speech therapists, pediatricians, and others interested in the welfare of children with severe disorders of communication and behavior.

Write: The National Society for Children and Adults with Autism, 1234 Massachusetts Avenue, NW, Suite 1017, Washington, DC 20005 or **Call:** (202) 783-0125.

SOCIETY FOR AUTISTIC CHILDREN

An organization of people concerned over the welfare of children with severe disorders of communications and behavior. They can provide a directory of services and programs for autistic children.

Write: National Society for Autistic Children, 169 Tampa Avenue, Albany, New York 12208 or **Call:** (518) 459-1418.

PARENTS OF DOWN SYNDROME CHILDREN

This group can send you a *Parent Information Kit* and provide suggestions for support services.

Write: Parents of Down Syndrome Children, c/o Montgomery County Association for Retarded Citizens, 11600 Nebel Street, Rockville, MD 20852 or **Call:** (301) 984-5792.

NATIONAL DOWN SYNDROME CONGRESS

An organization dedicated to improving the quality of life for people born with Down Syndrome. They can answer your questions on this disorder, send you literature, and refer you to local help.

Write: National Down Syndrome Congress, 1800 Dempster Street, Park Ridge, IL 60068-1146 or **Call:** (800) 232-6372; (312) 823-7550.

NATIONAL DOWN SYNDROME SOCIETY

Five thousand babies a year are born with Down Syndrome. The National Down Syndrome Society maintains a hotline to answer questions on this disorder and to refer parents to medical facilities, counseling services, and educational material. A free informational packet and video cassette, *Gift of Love*, are available on request.

Write: National Down Syndrome Society, 141 Fifth Avenue, New York, NY 10010.

Call: (800) 221-4602; (212) 460-9330.

CORNELIA de LANGE SYNDROME FOUNDATION

Cornelia de Lange Syndrome is a rare birth defect of unknown cause that results in low-birth-weight babies that usually have retarded physical and mental development. This foundation can send you information describing this syndrome.

Call: (800) 223-8355; (203) 693-0159.

TUBEROUS SCLEROSIS (NTSA)

TS is a rare genetic disorder (cause and cure unknown) that may affect a number of organs and result in mental retardation. The National Tuberous Sclerosis Association, Inc. can refer you to clinics and support groups and send you literature on this disease.

Call: (800) 225-6872.

PRESIDENT'S COMMITTEE ON MENTAL RETARDATION This Committee will answer your questions on mental retardation and help you get in touch with any local help you might need.

Write: President's Committee on Mental Retardation, Department of Health and Human Services, 330 Independence Ave. SW, Rm 4057, North Building, Washington, DC 20201 or **Call:** (202) 245-7634

COUNCIL FOR EXCEPTIONAL CHILDREN

This organization operates a clearinghouse on handicapped and gifted children. They are concerned with the mentally gifted, mentally retarded, visually handicapped, auditorily handicapped, physically handicapped and those with behavior disorders, learning disabilities, and speech defects.

Write: Council for Exceptional Children, 1920, Association Dr., Reston, VA 22091 or **Call:** (703) 620-3660.

PHYSICALLY HANDICAPPED CHILDREN

A number of people and organizations are available that want to give support to the physically handicapped child.

HANDICAPPED CLEARINGHOUSE

A national clearinghouse exists that can answer your questions about a handicapped child and put you in touch with people who can give you added assistance.

Write: Clearinghouse on Handicapped, 330 C Street SW, Washington, DC or **Call:** (202) 732-1245.

CENTER FOR SPECIAL EDUCATION TECHNOLOGY

This group can provide you with information on using technology with handicapped children. This includes software and hardware products available for the handicapped.

Call: (800) 873-TALK; (703) 620-3660.

HOTLINE FOR HANDICAPPED CHILDREN AND YOUTH

A National Information Center for Handicapped Children and Youth is maintained to help professionals, disabled adults, and parents of handicapped children. They can answer questions regarding your handicapped child and put you in touch with local help. Free literature is available describing various disabilities and ways of educating a handicapped child.

Write: National Information Center for Handicapped Children and Youth, 5155 Wilson Blvd., Rosslyn, VA 22209 or **Call:** (703) 522-3332.

EYE-BANK FOR SIGHT RESTORATION

Collects and distributes healthy corneal tissue. Associated with Eye-Bank Association of America and International Eye Foundation.

Write: Eye Bank for Sight Restoration, 210 East 64th Street, New York, NY 10021 or **Call:** (212) 980-6700.

AMERICAN FOUNDATION FOR THE BLIND

National research, information and consultative agency that acts as a clearinghouse for local and regional agencies serving the blind. They operate a hotline that supplies information on visual impairment and blindness and answers queries. You may request a products catalogue. Pamphlets are available entitled, *Suggestions for Raising Young Blind and Visually Impaired Children*; and *Touch the Baby*.

Write: American Foundation for the Blind, 15 W 16th Street, New York, NY 10011 or **Call:** (800) AFB-LIND; (800) 232-5463; NY (212) 620-2147.

HI-TECH FOR BLIND CHILDREN

You can call these people for information or to request a catalogue on the latest devices to help a blind child (laser canes, Braille watches, computers, and the like). Free brochures are available on topics such as, *What Do You Do When You See a Blind Person?* ; *Products for People with Vision Problems*.

Call: (212) 620-2020.

RETINITIS PIGMENTOSA FOUNDATION

Retinitis pigmentosa is a degenerative disease usually beginning with night blindness in children. This organization is dedicated to finding an understanding of the causes of retinal degeneration diseases and to stimulate the development of a treatment.

Write: National Retinitis Pigmentosa Foundation, Rolling Park Bldg., 8331 Mindale Circle, Baltimore, MD 21207 or **Call :** (301) 655-1011.

BETTER VISION INSTITUTE

This Institute sponsors a preschool screening program by the Junior Chamber of Commerce, primarily aimed at amblyopia. They have free booklets, pamphlets, and posters for the public.

Write: BVI, 230 Park Avenue, New York, NY 10017.

ALEXANDER GRAHAM BELL ASSOCIATION FOR THE DEAF

This organization promotes the teaching of speech and lipreading and offers scholarships for oral deaf students. They serve as an information center on speech and hearing.

Write: Alexander Graham Bell Association for the Deaf, 3417 Volta Place, NW, Washington, DC 20007 or **Call:** (202) 337-5220.

PARENTS OF HEARING-IMPAIRED CHILDREN

This is an international organization of parents of hearing-impaired children. They publish and distribute information concerning the problems of deaf children.

Write: International Parents Organization, c/o Alexander Graham Bell Association for the Deaf, 1537, 35th Street, NW Washington, DC 20007 or **Call:** (202) 337-5220.

EDUCATING A HEARING-IMPAIRED CHILD

TRIPOD Grapevine is an informational and referral services that can answer your questions about educating, rearing or living with a hearing-impaired child. They can give you the latest methods of teaching communication skills to the deaf. They try to research personal answers to specific questions utilizing their worldwide advisory board.

Write: TRIPOD Grapevine 955 N. Alfred Street, Los Angeles, CA 90069 or **Call:** (800) 352-8888.

NATIONAL EASTER SEAL SOCIETY FOR CRIPPLED CHILDREN AND ADULTS

This group can provide information on the needs of crippled children, services available to them, and medical and professional activities related to rehabilitation.

Write: National Easter Seal Society for Crippled Children and Adults, 2023 West Ogden Ave., Chicago, IL 60612 or **Call:** (312) 243-8400.

NATIONAL FOUNDATION - MARCH OF DIMES

This foundation can supply films, filmstrips, exhibits, and educational material on birth defects.

Write: National Foundation - March of Dimes, 1725 K Street Washington, DC 20006 or **Call:** (202) 659-1800.

CLEFT PALATE

The American Cleft Palate Education Foundation operates a hotline to help parents with children born with this defect. They can refer you to local cleft palate and craniofacial professionals and self-help groups. They also have free literature on various cleft problems and their treatment.

Call: (800) 242-5338; (800) 232-5338.

UNITED CEREBRAL PALSY ASSOCIATION

This organization can tell you about steps to prevent this disability. They also have information on how to manage the disability for those who have it. Free booklets are available entitled, *Do's and Don'ts for Prospective Mothers and Cerebral Palsy: Facts and Figures*.

Write: United Cerebral Palsy Association, 66 E 34th Street, New York, NY 10016

Call: (800) USA-IUCP; (212) 481-6342.

NATIONAL HEAD INJURY FOUNDATION

Head injuries are dangerous. Intellectual, physical, or emotional impairment can result. This foundation can send you a free brochure describing the effects, symptoms, and treatments for head injuries. They are an advocacy organization, as well as a clearinghouse for information, resources, and local support groups.

Write: National Head Injury Foundation, 333 Turnpike Road, Southborough, MA 01772.

Call: (617) 485-9950; (800) 444-NHIF (families of injured only).

NATIONAL CENTER FOR STUTTERING

They distribute information for parents of young children showing early signs of stuttering. For older children and adults free information is available on treatment programs nationwide.

Write: National Center for Stuttering, 200 E. 33 Street, New York, NY 10016 or **Call:** (800) 221-2483; (212) 532-1460.

LITTLE PEOPLE OF AMERICA

Dwarfs including children (who are called "Little Littles") can become part of this organization. It operates to provide fellowship, moral support, and problem solving ideas to little people. Affiliated with the Little People of America Foundation.

Write: Little People of America, P. O. Box 126, Clevatonna, MN 55060 or **Call:** (507) 451-3842.

ORTON DYSLEXIA SOCIETY

Dyslexia is a neurological disorder that impairs reading. If undetected in children, it can create major learning problems. For \$2.00 this organization will send you an information package on detecting and dealing with dyslexia.

Write: The Orton Dyslexia Society, 724 York Road, Baltimore, MD 21204 or **Call:** (800) 222-3123; (301) 296-0232.

Chapter 6. **MATERNAL CARE CHILD CARE**

FAMILY PLANNING When to have children and how many to have are questions that are worthy of some deliberation. A national clearinghouse exists that can help.

NATIONAL CLEARINGHOUSE FOR FAMILY PLANNING Clearinghouse that has free family planning materials and publications. They can also help you find local assistance.

Write: National Clearinghouse for Family Planning Information, P. O. Box 2225, Rockville, MD 20852 or **Call:** (703) 558-7932 or (202) 245-0151.

MATERNAL AND CHILD CARE Proper care of the child in the womb and in early life is so critical to its future development.

CLEARINGHOUSE FOR MATERNAL AND CHILD CARE A National Center to exchange current information between health professionals and the public on maternal and child care.

Write: National Center for Education in Maternal and Child Care, 3520 Prospect Street NW, Washington, DC or **Call:** (703) 558-7932; (202) 245-0151; (202) 625-8410.

AMERICAN COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS For the latest and most authoritative information about family planning and prenatal care, these are the people to contact. They have a free, *The Facts*, brochure on sexuality for teens during their growing years.

Write: ACOG, Resource Center, 600 Maryland Avenue, SW, Suite 300 E, Washington, DC 20024 or **Call:** (800) 468-3637; (202) 638-5577.

PRENATAL CARE

The Department of Health and Human Services can provide you a free booklet, *Prenatal Care* (OHDS 73-30017), that covers care during pregnancy and the needs of the newborn.

Write: Department of Health and Human Services, Office of Human Development Services, LSDS, Department 76, Washington, DC 20401.

EFFECTS OF DRUGS ON PREGNANCY

Government publications are available free on the effects of drugs on pregnancy: *Drug Dependence in Pregnancy* and *Drugs and Pregnancy*.

Write: National Clearinghouse for Drug Abuse Information, P. O. Box 416, Kensington, MD 20795.

EFFECTS OF TOXIC SUBSTANCES ON REPRODUCTION

Free publications and experts are available on the effects of toxic substances on reproduction.

Write: National Institute of Environmental Health Sciences, Public Affairs Office, Research Triangle Park, N. C. 27709 or **Call:** (919) 541-3345.

EFFECTS OF ALCOHOL ON PREGNANCY

Publications are available free that discuss the effects of alcohol on pregnancy. They are: *Should I Drink?*, *Think First of Your Unborn Child* (English and Spanish), and *Preventing Fetal Alcohol Effects*.

Write: National Clearinghouse for Alcohol Information, P. O. Box 2345, Rockville, Md 20852 or **Call:** (301) 468-2600.

EFFECT OF CAFFEINE ON PREGNANCY

A free government publication is available entitled, *Caffeine and Pregnancy*, that evaluates the known facts about caffeine and pregnancy. A list of caffeine-containing foods and drugs is included.

Write: Consumer Information Center, Box 100, Pueblo, CO 81002.

X-RAY DURING PREGNANCY

A free government publication, *X-Rays and Pregnancy*, describes the hazards of X-rays to the unborn and mother.

Write: Consumer Information Center, Box 100, Pueblo, CO 81002.

CAN ULTRASOUND HARM FETAL GROWTH?

A free publication entitled, *The Unknowns of Ultrasound* (541R), by the Food and Drug Administration, tells you how ultrasound is used to monitor fetal growth and development and what safety considerations are needed.

Write: Consumer Information Center, Box 100, Pueblo Co 81002.

PREMATURE BABIES

Free government publication, *Little Babies: Born Too Soon –Born Too Small*, gives expectant mothers ways to avoid premature births and low birth weight in full-term babies.

Write: Office of Research Reporting, National Institute of Child Health and Human Development, Building 31, Room 2A-32, National Institutes of Health, 9000 Rockville Pike, Bethesda, MD 20205.

MULTIPLE BIRTHS

A National Center disseminates information on the medical risks of multiple births and sponsors scientific conferences on twins and other multiples.

Write: Center for Study of Multiple Birth, 333 E. Superior Street, Suite 463-S, Chicago, IL 60611 or **Call:** (312) 266-9093.

PREGNANCY AFTER 35

A free government publication, *Facts About Down Syndrome for Women Over 35*, discusses risks of having a Mongoloid child after 35.

Write: Office of Research Reporting, National Institute of Child Health and Human Development, Bld. 31, Room 2A-32, National Institutes of Health and Human Development, 9000 Rockville, Pike, Bethesda, MD 20205 or **Call:** (301) 496-5133.

HOTLINES FOR BABY NUTRITION AND CARE

The major manufacturers for baby foods provide hotlines where you can ask them questions concerning your baby's nutrition and care. For help:

Call: Beech-Nut Nutrition Hotline (800) 523-6633; Gerber Products Co. (800) 443-7237; Johnson & Johnson Baby Products Information Center (800) 526-3967.

BREAST FEEDING

Free government publication entitled. *Breast Feeding* (HSA 80-5109), provides information for intelligent decisions concerning breast feeding and proper techniques.

Write: National Center for Education in Maternal and Child Health, 3520 Prospect Street NW, Washington, DC 20057 or **Call:** (202) 625-8400.

LA LECHE LEAGUE INTERNATIONAL

An organization that provides information, support, and encouragement to mothers who want to breast feed their babies. They can refer you to local chapters. A free catalogue is available of books on breast feeding. It includes a new book that deals with breast feeding a handicapped child. Local chapters have monthly, guided discussions.

Write: La Leche League International, P. O. Box 1209, Franklin Park, IL 60131-8209 or **Call:** (312) 455-7730 (24-hour hotline).

DIET, NUTRITION, AND CANCER

It is becoming apparent that what we eat relates to our chances of developing cancer. Over one-third of all cancer deaths may be related to our diet and nutrition. A booklet entitled, *Diet, Nutrition and Cancer Prevention: The Good News* (517R), is available that will help you select, prepare, and serve healthier foods. A list of high-fiber and low-fats foods is included.

Write: Consumer Information Center-D, P.O. Box 100, Pueblo, CO 81002.

CHILD DEVELOPMENT

A free publication, *How Children Grow*, is available explaining how genetic and environmental factors influence a child's development.

Write: Office of Science and Health Reports, National Institutes of Health, Division of Research, Building 31, Rm 5B10, Bethesda, MD 20205.

PLAY AND CHILD DEVELOPMENT

A booklet is available entitled, *The Importance of Play in Child Development (112N)*, for \$2.00 from the government.

Write: Consumer Information Center, Box 100, Pueblo, CO 81002.

Chapter 7. **HELP FOR PARENTS**

A GENERAL GUIDE Since most parents begin this honorable profession with little or no experience, some useful guidelines are helpful.

A PARENTING GUIDE

A guide is available entitled, *Footsteps: A Parenting Guide (190N)*, for \$2.50. It was originally the viewer guide for the TV show, *Footsteps*, but it is useful on its own.

Write: Consumer Information Center, Box 100, Pueblo CO 81002.

"TOTLINE" - COUNSELING FOR DAILY PROBLEMS

The Raritan Bay Mental Health Center in Perth Amboy, NJ, maintains a "totline" for child development and behavioral problems. They are accustomed to fielding everyday questions such as, "How do you get an eight-year-old to go to bed?"

Call: (201) 442-1362.

COST OF RAISING A CHILD

The Federal government has developed a chart indicating the cost of raising a child in different regions of the country.

Write: U. S. Department of Agriculture, Family Economics Group, Federal Building, Rm. 338, Hyattsville, MD 20782.

COPING WITH ADOLESCENTS

A government publication is available entitled, *An Adolescent in Your Home* (107N), that outlines ways to cope with the stress caused by adolescents. Price \$3.50.

Write: Consumer Information Center, Box 100, Pueblo, CO 81002.

SELECTING YOUR CHILD'S CAMP

With all the summer camps available for children it is difficult to make a choice. A Camp Advisory Service exists that can make your choice an informed one. This service has information on summer camps nationwide for sleep-away camps. They provide an advisory service for private schools as well.

Write: Camp Advisory Service, 171 Madison Avenue, New York, NY 10016-5110 or **Call:** (212) 696-0499.

EDUCATING YOUR CHILD The process of educating your child begins at birth. You can't leave all of your child's education to the schools. Parents play a vital role.

CHILDHOOD LEARNING PROCESS

A government publication is available entitled, *Cognitive Development* (110 N), for \$2.75 that describes how children learn and how parents can assist them.

Write: Consumer Information Center, Box 110, Pueblo, CO 81002.

SELF-ESTEEM FOR THE PRESCHOOLER

A federal publication, *Child Development in the Home* (108N), will tell you how you can encourage self-confidence and self-discipline in preschoolers.

Write: Consumer Information Center, Box 100, Pueblo, CO 81002.

PROMOTING READING

The Smithsonian Institute has a *Reading is Fundamental Program* that promotes community projects to motivate children to read. This program can provide publications, training aids, film, and public service announcements.

Write : Reading is Fundamental, Smithsonian Institute, 600 Maryland Avenue, SW, Suite 500, Washington, DC 20560 or **Call:** (202) 287-3220.

CHILDREN'S BOOKS

The Library of Congress has compiled a list of publications that are suitable for preschool to junior-high school age children. It is entitled, *Books for Children* (197R). Cost \$1.00.

Write: Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402 or **Call:** (202) 783-3238.

HELP YOUR CHILD ACHIEVE IN SCHOOL

A government handbook, *How to Help Your Child Achieve in School* (11N), (\$3.75) outlines strategies for learning and test taking.

Write: Consumer Information Center, Box 100, Pueblo CO 81002.

KEEPING DRUGS OUT OF OUR SCHOOLS

The government can provide eight free brochures to assist individuals, civic groups, and communities in the fight against drug trafficking and abuse. Ask for the *You Can Help: Drug Awareness Kit*.

Write: Consumer Information Center-D, P. O. Box 100, Pueblo, CO 81002.

SEND YOUR CHILD INTO SPACE

NASA has a number of publications and posters to educate children about space and aerospace. One entitled, *Elementary School Aerospace Activities*, is a manual for teachers to instruct their students about the story of man and flight. *The World of Tomorrow: Aerospace Activities for 8 to 10-year-olds* presents aerospace projects children can work on.

Write: NASA Educational Publications, NASA Headquarters, Code LEP, Washington, DC 20546.

YOUR CHILD AND THE UNIVERSE

The Smithsonian Institute in Washington, DC and a number of observatories around the country have recorded telephone messages that give the present location of the stars and planets and any unusual astronomical phenomena that may be occurring.

Call: *Dial-A-Phenomenon* Smithsonian Institute, Washington, DC (202) 357-2000; Smithsonian Astrophysical Observatory in Cambridge, MA (617) 491-1497; Abrams Planetarium at Michigan State University (517) 332-7827; *Skywatcher Report* sponsored by the McDonald Observatory at the University of Texas (512) 471-5007.

PARENT'S MUSIC RESOURCE CENTER

This organization has a music rating system that alerts parents and children to lyrics describing explicit sex, violence, and substance abuse. They promote, *Media Watch*, a program that encourages parents to monitor radio and television and write letters of complaint about "unethical" music. Publications are available.

Write: Parent's Music Resource Center, 1500 Arlington Blvd., Arlington, VA 22209 or **Call:** (703) 527-9466.

NATIONAL COALITION ON TELEVISION

VIOLENCE Organization dedicated to decreasing the amount of television and film violence.

Write: National Coalition on Television Violence, P. O. Box 2157, Champaign, IL 61820 or **Call:** (217) 384-1920.

CHILDREN'S LEGAL RIGHTS

A organization exists that provides comprehensive assistance to federal, state, local organizations and groups interested in the growing and changing body of knowledge on children's legal rights.

Write: Children's Legal Rights Information & Learning, 2008 Hillyee Pk. NW, Washington, DC 20009 or **Call:** (202) 332-6575.

EDUCATING DISADVANTAGED CHILDREN

A free publication entitled, *Schools That Work: What Works in Educating Disadvantaged Children*, is available that recommends strategies to improve the achievement of disadvantaged students. It describes successful schools in poor communities. Directed toward parents, teachers, administrators, and community leaders.

Write: Consumer Information Center-D, P. O. Box 100, Pueblo, CO 81002.

EMPTYING THE NEST Sending your child off to college can be an exciting time, but also a time when you need some advice.

STUDENT FINANCIAL AID

The Federal Government publishes a booklet, *Student Guide - Five Federal Financial Aid Programs* (513N), that gives information about five grant and loan programs for college, vocational, and technical school students.

Write: Consumer Information Center, Box 110, Pueblo, CO 81002.

RAISING A COMPUTER WHIZ?

If you are wondering how that computer whiz of yours might use all of that talent, you might want to order a publication entitled, *Computer and Mathematics-Related Occupations*, that costs \$1.25. It describes training, earnings, and job outlook for accountants, statisticians, programmers, analysts, and other related jobs.

Write: Consumer Information Center-D, P. O. Box 100, Pueblo, Colorado 81002.

FOREIGN TRAVEL FOR YOUR CHILD

A number of for-profit and non-profit organizations have foreign exchange programs for high school-aged youth. You can obtain a free government publication that describes 35 of these organizations. It is entitled, *International Youth Exchange: Advisory List of International Travel and Exchange Programs, 1987-88* (501R).

Write: Consumer Information Center-D, P. O. Box 100, Pueblo, CO 81002.

JOB OUTLOOK FOR THE FUTURE

A publication entitled, *The Job Outlook* (170R), will give you job prospects for your child through the mid-1990's in almost 200 occupations. It costs \$1.25.

Write: Consumer Information Center, Box 100, Pueblo, CO 81002.

CHOOSING A CAREER

The government published a 396 page book entitled, *Occupational Outlook Handbook*. It provides information for young people on types of work available today and trends for future jobs. The price is \$8.50. A publication, *Exploring Careers* (#029-001-02224-7), for \$11.00 gives the qualifications needed to be successful in 250 different occupations.

Write: Superintendent of Documents, U. S. Government Printing Office, Washington, DC 20402 or **Call:** (202) 783-3238.

SUPPORT FOR SINGLE PARENTS Some single parents are at a loss when it comes to collecting unpaid child support. There are government publications and organizations that can help. Also, organizations exist to help the single parent cope with their unique problems.

CHILD SUPPORT PAYMENT HELP The Federal Government will send you a free publication entitled, *The Handbook on Child Support Enforcement*. This booklet tells you how to apply for child enforcement services, find an absent parent, establish paternity, collect child support, and collect payments in another state.

Write: Customer Information Center, P. O. Box 100, Pueblo, CO 81002.

PARENTS WITHOUT PARTNERS

A self-help organization to assist separated, divorced, widowed, or never-married parents deal with their special problems. They have literature, films, and book lists on single parenting for distribution. Referrals can be made to local groups and organizations that can help you.

Write: 8807 Colesville Road, Silver Springs, MD 20910.

Call: (301) 588-9354 .

ADOPTION AND FOSTER CARE Special people and special organizations exist to help children find parenting when it is absent in their lives.

THE NATIONAL ADOPTION CENTER

These people promote adoption opportunities for children throughout the US, especially children with special needs. They operate a telecommunication network that links children waiting for adoption, adoption agencies, and prospective adopters. They also provide a information and referral service and conduct public education programs.

Write: The National Adoption Center, 1218 Chestnut Street, Philadelphia, PA 19107 or **Call:** 800-TO-ADOPT; and in PA (215) 925-0200.

NATIONAL COUNCIL OF ADOPTIVE PARENTS ORGANIZATIONS

This organization can help put you in touch with local help if you can't find it. They are particularly interested in mixed race children and children from overseas. They try to prevent restrictive legislation that will prevent the free flow of children to adoptive homes.

Write: National Council of Adoptive Parents, P. O. Box 543, Teaneck, NJ 07666.

AID TO ADOPTION OF SPECIAL KIDS

An organization that recruits adoptive parents for children with special needs. They publicize the need for adoptive homes for children with handicaps.

Write: ASK America, 1540 Market Street, Suite 70, San Francisco, CA or **Call:** (415) 543-2275.

THE GREATEST RESOURCE - GOD

Call: 24 hour hotline. Instant access. Children can say something like "Hi God" and then talk to him. He is always available.

I asked my theologian friend, Dr. Graham Maxwell, about my describing God as children's greatest resource. He replied:

"Respect for religious freedom makes us properly cautious in talking about God, especially in public schools. But children growing up in this country can hardly avoid becoming aware of some force or being called 'God.' From the humblest nickel to the pledge of allegiance they are reminded that in this nation they live under a god they can trust, and in song they ask him to bless America.

"But they also hear that hurricanes, earthquakes, and other disasters are 'acts of God.' Their history books tell of cruel wars and persecutions carried out in God's name. And if they grow up in homes that read the Bible, they know many stories of fire, flood and destruction that seem to picture God as angry and severe. What frightened child would want to communicate with such a fearsome god?

"It should be little wonder that some children develop confusing or even forbidding conceptions of this god their nickels say we trust. And anything that seems to be the cause of hurtful stress is unavoidably a matter of concern to those for whom this book was written—people who want to help children. But their ability to help is naturally affected by their own conception of God. They could have the same god as the troubled child! Besides, is it trespassing on the children's rights to touch on this subject at all? I believe there is an understanding of God that does not jeopardize the children's freedom but rather guarantees and reinforces it.

“At each inauguration the president solemnly places his hand on the ancient book that led the fathers of this free land to declare their trust in God. From the evidence offered in that same book I developed my personal conception of God. I see him as an infinitely powerful but equally gracious person who values nothing higher than the freedom, dignity and individuality of his intelligent creatures, so that their love, their trust, their willingness to listen and obey may be freely given. He even prefers that we regard ourselves not as his servants but his friends.

“Of a god like this children have no need to be afraid. Moreover, to a god like this it is of supreme importance that children never be deprived of their precious ability to ask questions and make up their own minds!”

In working with children in my Stress Center (with parents permission) I talk to the children in a non-denominational way about God. I have found Einstein's and Margenau's statements about the discovery of God through scientific inquiry very helpful. In the *Human Side* Einstein states, “Everyone who is seriously involved in the pursuit of science becomes convinced *that a spirit is manifest in the laws of the universe, a spirit vastly superior to that of man* and one in the face of which we with our modest powers must feel humble!” Dr. Henry Margenau, Professor Emeritus of Physics at Yale, states, “If you take the top-notch scientists, you find very few atheists among them.” Professor Margenau also stated, “If you take the outstanding physicists, the ones who have done the most to advance modern physics, especially Heisenberg, Schroedinger, Dirac (a Nobel Prize winner), you find them all interested in religion. All these men were intensely interested in religion.”

I tell the children that I've found God fun to be friends with. “You know what I do,” I say to them, “when someone is unfair or hurts my feelings? I tell God on Him!” Infinite resources are available to solve the problem for the other person and myself. More than any parent I've known, God as I now know Him, loves both His good and bad

children unconditionally. But He created us free. To be free, we must have a choice. So God waits with love and longing for our friendship. The children begin to enjoy God as a friend. They feel comfortable using his 24-hour hotline anytime they want. God is someone they can trust, One who welcomes their questions, invites them to consider the evidence, and make up their own minds.

If you would like more information about our greatest resource, one source that has meant much to me in my work with children is *Study Tapes International*. Available are such audio tapes as *Questions Children Ask about God*, *Helping Children Ask Questions about God*, *The Picture of God in the Whole Bible*, and video cassettes such as, *Another Look at God* (filmed in England) and other materials. They are excellent and suitable for all persons whatever their beliefs and questions.

Write: *Study Tapes International*, 1345 Pine Knoll, Redlands, CA 92373.

A DIRECTORY OF CLEARINGHOUSES, ASSOCIATIONS, AND HOTLINES

ABUSE

Clearinghouse on Child Abuse and Neglect Information
(703) 821-2086; (202) 224-3121. (Page 33).

National Child Abuse Hotline
(800) 422-4453. (Page 34).

National Committee for the Prevention of Child Abuse
(312) 663-3520. (Page 34).

National Center on Child Abuse and Neglect
(202) 245-2859. Call to find State agency. (Page 34).

Child Help, USA (counseling on child abuse)
(800) 422-4453; (800) 4-A-CHILD. (Page 34).

Parents Anonymous (child abuse, over 1,200 chapters)
(800) 421-0353; (213) 410-9732. (Page 35).

American Association for Protecting Children
(800) 227-5242; MD (301) 695-0811. (Page 34).

ABUSE (continued)

Violence in the Home
(301) 231-9540. (Page 36).

Parents United (Daughters & Sons; Adults Molested as Children)
(408) 280-5055. (Page 35).

Parents Against Molesters
(804) 465-1582. (Page 35).

Village of Child Help, CA.
(714) 845-3155. (Page 35).

Americans for Children's Relief
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ACCIDENTS

Childhood accidents in the home
(202) 783-3238. (Page 17).

ADOLESCENTS

Coping with adolescents
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ADOPTION

The National Adoption Center
(800) TO-ADOPT; PA (215) 925-0200. (Page 78).

"ASK America" Aid to Adoption of Special Kids
(415) 451-1748; (415) 543-2275. (Page 78).

National Council of Adoptive Parents Organization
(Page 78).

Edna Gladney Center Maternity and Adoption Service
US except AK, TX (800) 433-2922; TX (800) 772-2741.

AIDS

AIDS Hotline
(800) 342-2437; DC (202) 646-8182.

AIDS Hotline
(800) 342-AIDS.

AIDS Hotline for Kids
(415) 435-5022. (Page 43).

ALCOHOLISM

National Clearinghouse for Alcohol Information
(301) 468-2600. (Page 26).

Alcoholics Anonymous
(212) 686-1100. (Page 26).

Coaches' Program for Drug and Alcohol Prevention
(202) 633-1437. (Page 26).

ALLERGY

American Allergy Association
(415) 322-1663. (Page 44).

American Academy of Allergy and Immunology
(414) 272-6071. (Page 44).

ANOREXIA

ANAD - National Association of Anorexia Nervosa
(anorectics and bulimics)
(312) 831-3438. (Page 55).

American Anorexic/Bulimic Association
(201) 836-1800. (Page 55).

BASH, self-help for anorexics and bulimics
Crisis Hotline (800) 762-3334; (800) 227-4785. (Page 55).

ARTHRITIS

Arthritis Foundation
(404) 872-7100. (Page 44).

ASPIRIN

Risks and dosages
(Page 43).

ASTHMA

American Allergy Association
(415) 322-1663. (Page 44).

National Jewish Center for Immunology & Respiratory Medicine
(free care and treatment for intractable asthmatic children)
(303) 388-4461; (800) 222-LUNG. (Page 51).

AUTISM

National Society for Children and Adults with Autism
(202) 783-0125. (Page 57).

Society for Autistic Children
(518) 459-1418. (Page 57).

AUTO RESTRAINTS

Child auto restraint systems
(202) 366-9550; (800) 424-9393. (Page 16).

BABY SITTING

Baby-sitter responsibilities
(800) 638-2772. (Page 19).

BIRTH DEFECTS

National Foundation - March of Dimes (birth defects)
(202) 659-1800. (Page 62).

BLIND

American Council of the Blind
US except AK, DC (800) 424-8666. DC (202) 393-3666.

Hi-technology for the Blind
(212) 620-2020. (Page 60).

American Foundation for the Blind
(212) 620-2000. (Page 60).

Blind Children's Center
US except AK, CA (800) 222-3566.

Books for the Blind and Physically Handicapped
Library of Congress (800) 221-4792; DC (202) 727-2142.

Library of Congress
National Library Service for the Blind and Physically
Handicapped (800) 424-8567; DC (202) 287-5100.

Recordings for the Blind, Library of Congress
(800) 221-4792; DC (202) 727-2142.

Talking Books Program, Library of Congress
(800) 424-9100; DC (202) 287-5100.

Reading material for the blind and handicapped
(800) 424-8567.

BLOOD

Children's Blood Foundation
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BOOKS

Library of Congress Reading Lists for Children
(202) 783-3238. (Page 73).

BREAST FEEDING

La Leche League International
(312) 455-7730. (Page 69).

BULIMIA

ANAD- National Association of Anorexia Nervosa
(anorectics and bulimics)
(312) 831-3438. (Page 55).

American Anorexic/Bulimic Association
(201) 836-1800. (Page 55).

BASH, self-help for bulimics
(800) 762-3334; (800) 227-4785.

BURNS

National Burn Victims Foundation
(201) 731-3112. (Page 16).

CAMPS

Camp Advisory Service
(212) 696-0499. (Page 72)

CANCER

American Cancer Society
(212) 599-3600; (212) 586-8700. (Page 40).

Cancer Information Clearinghouse
(301) 496-5583; (301) 469-4000. (Page 40).

Diet, nutrition, and cancer
(Page 69).

Cancer causing products
(513) 533-8326. (Page 18).

Candlelighters (parents whose children have had cancer)
(202) 659-5136. (Page 50).

CAREERS

Choosing a career
(Page 77).

Job outlook for the future
(Page 76).

CELIAC

American Celiac Society
(201) 432-1207. (Page 45).

CEREBRAL PALSY

United Cerebral Palsy Association
(800) USA-IUCP; (212) 481-6342. (Page 63).

CHEMICALS (TOXIC)

Chemicals (dangerous) EPA
(800) 424-9065; DC (202) 554-1404.

Chemical Referral Center
(800) 262-8200.

CHILD CARE

National Clearinghouse for Maternal and Child Care
(202) 245-0151; (703) 558-7932. (Page 66).

CHILD SUPPORT

Child support
(Page 77).

CLEFT PALATE

The American Cleft Palate Education Foundation
(800) 242-5338; (800) 232-5338. (Page 62).

COCAINE

National Cocaine Hotline
(800) COC-AINE.

COMPUTERS

Raising a computer whiz
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CONSUMER PRODUCT SAFETY

Consumer Product Safety Commission
(800) 638-2772. (Page 15).

CONTRACEPTIVES

Contraceptive information
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CORNELIA DE LANGE SYNDROME

Cornelia deLange Syndrome Foundation
(800) 223-8355; (203) 693-0159. (Page Page 58).

CREATIVE CHILDREN

Council for Exceptional Children
(703) 620-3660. (Page 59).

CRIBS

Safe cribs
(800) 638-2772. (Page 15).

CRIME

FBI Offices of Congressional and Public Affairs
(Page 19).

CRIPPLED CHILDREN

National Easter Seal Society for Crippled Children and Adults
(312) 243-8400. (Page 62).

CYSTIC FIBROSIS

Cystic Fibrosis Foundation
(301) 951-4422

DAY CARE CENTER

Choosing day care centers
(202) 783-3238. (Page 20).

DEAF

Alexander Graham Bell Association for the Deaf
(202) 337-5220. (Page 54).

TRIPOD Grapevine
(800) 352-8888. (Page 62).

DEATH

The Compassionate Friends
(312) 990-0010. (Page 21).

DEVELOPMENT

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DIABETES

American Diabetes Association
(212) 947-9707. (Page 41).

International Juvenile Diabetes Foundation
US except AK, NY (800) 223-1138.

DISASTERS

Families in a disaster
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DOWN SYNDROME

National Down Syndrome Congress
US except AK, IL (800) 232-6372. (Page 57).

National Down Syndrome Society
US, AK except NY (800) 221-4602; NY (212) 764-3070.
(Page 58).

Parents of Down Syndrome children
(301) 984-5792. (Page 57).

DRUGS

National Clearinghouse for Drug Abuse
(301) 468-2600. (Page 26).

Drug abuse treatment and referral
(800) 662-HELP (days, weekends, and evenings). (Page 25).

Parents for Drug Free Youth
(800) 554-5437; (301) 585-5437. (Page 27).

Drug information
(301) 443-2403. (Page 25).

Drug Abuse Warning Network
(202) 633-1316. (Page 25).

Drug abuse issues
(617) 774-2641. (Page 28).

Drug film
(202) 633-1469. (Page 25).

Do It Now Foundation
(602) 257-0797. (Page 27).

Drug awareness kit
(Page 74).

DRUGS (continued)

Educational materials for drugs and alcohol
(800) 328-9000. (Page 27).

Preventive Programs - Drug Enforcement Administration,
Department of Justice
(202) 633-1316. (Page 25).

Coaches' Program for Drug and Alcohol Prevention
(202) 633-1437. (Page 26).

Pride (Parents Resource Institute for Drug Education)
(800) 241-9746. (Page 28).

Families in Action (drug abuse update)
(404) 325-5799. (Page 28).

Toughlove
(215) 348-7090. (Page 28).

Nar-anon Family Group
(213) 547-5800. (Page 28).

Keeping drugs out of schools
(Page 26).

Practitioner's Reporting System
(800) 638-6725; MD (301) 881-0256.

DRUNK DRIVERS

Fight drunk drivers
(202) 366-9550. (Page 20).

MADD (Mothers Against Drunk Drivers)
(301) 321-6233. (Page 20).

SADD (Students Against Drunk Drivers)
(800) 521-SADD (Page 21).

DYSLEXIA

Orton Dyslexia Society
US, AK, except MD (800) 222-3123. (Page 64).

EDUCATION

Educating Disadvantaged Children
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EPILEPSY

Epilepsy Foundation of America
(301) 459-3700. (Page 46).

Epilepsy Information Line
US, AK except WA (800) 426-0660; WA (800) 542-7054.

Epilepsy Association of NY State
NYC (800) 222-EPIL; NY (800) 222-3745.

Epilepsy Information of NC
NC (800) 642-0500.

EYE

Eye Bank for Sight Restoration
(212) 980-6700. (Page 60).

National Retinitis Pigmentosa Foundation
(301) 655-1011; (800) 638-2300. (Page 61).

RP Foundation Retina Donor
US except AK, MD (800) 638-1818.

EXCEPTIONAL CHILDREN

Council for Exceptional Children
(703) 620-3660. (Page 59).

EXERCISE AND MENTAL HEALTH

Importance of exercise for good mental health
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FAMILY PLANNING

National Clearinghouse for Family Planning
(703) 558-7932; (202) 245-0151. (Page 65).

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Safety
(800) 638-2772. (Page 18).

Rape
(301) 443-0353. (Page 20).

Drugs
(202) 633-1469. (Page 25).

Suicide
(301) 443-4515. (Page 30).

FINANCE

Student Financial Aid
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Health Care Financing Administration, Department of HMS,
HCFC
US except AK, MD (800) 638-6833; MD (800) 492-6603.

Federal Hill-Burton Free Care Program Hotline
(800) 638-0742; MD (800) 492-0359.

Cost of raising a child
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FOREIGN TRAVEL

Foreign travel for your child
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GAMBLING

National Council on Compulsive Gambling
NY (800) 522-4700

GAY

National Gay Taskforce Crisis Line
(800) 221-7044; NY, AK, HI (212) 807-6016.

GENETIC DISEASES

Genetic Disease Clearinghouse
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GIFTED-CREATIVE CHILDREN

Council for Exceptional Children
(703) 620-3660.

HANDICAPPED

Clearinghouse on the Handicapped
(202) 732-1245. (Page 59).

The Center for Special Technology Information Exchange
(800) 873-TALK; (703) 620-3660. (Page 59).

National Information Center for Handicapped Children and Youth
(703) 522-3332. (Page 60).

HEAD INJURY

National Head Injury Foundation
(617) 485-9950; (800) 444-NHIF (families of injured only).
(Page 63).

HEARING

National Association for Hearing and Speech Action Line
(800) 638-8255; MD (301) 897-5682; HI,MD,AK (call collect).

Alexander Graham Bell Association for the Deaf
(202) 337-5220. (Page 61).

Better Hearing Institute —Hearing Hotline
(800) 424-8576; DC (202) 638-7577.

Parents of Hearing Impaired Children
(202) 337-5220. (Page 61).

Auditorily Handicapped Children
(703) 620-3660. (Page 59).

HEALTH

National Health Information Clearinghouse
(800) 336-4797; (703) 522-2590. (Page 39).

National Institute of Child Health and Human
Development
(301) 496-5133. (Page 39).

Personal Health Profile - General Health Risk
Assessment
(800) 424-2775; DC (202) 965-4881.

Directory of Health Services
(301) 443-2086 (Page 40).

HEART

Cardio-care Testing
(800) 822-4826; NY (718) 520-2700 (call collect).

Mended Hearts, advice and encouragement to patients
undergoing heart surgery
(214) 750-5442. (Page 46).

HEMOPHILIA

National Hemophilia Foundation
(212) 966-5415. (Page 46).

HOSPITAL

Jewish Center for Immunology and Respiratory Medicine
(303) 388-4461; (800) 222-LUNG. (Page 48).

NIH Studies (free medical)
(301) 496-4891. (Page 51).

Shriner's Hospital for Children (free orthopedic and burn
treatment).
(800) 237-5055; FL (800) 282-9196. (Page 51).

St. Jude Children's Research Hospital
(901) 522-0300. (Page 50).

HYPERACTIVITY

The hyperactive child
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INFANTS

Beech-Nut Nutrition Hotline
(800) 523-6633. (Page 68).

Gerber Products Company
(800) 4-GERBER. (Page 68).

Johnson & Johnson Baby Products
(800) 526-3967. (Page 68).

National Center for the Study of Multiple Births
(312) 266-9093. (Page 68).

National Foundation for Sudden Infant Death
(201) 807-0540. (Page 41).

National Center for Education in Maternal and Child Health
(202) 625-8400. (Page 41).

National Center for the Prevention of Sudden Death Syndrome
US except MD (800) 638-7437.

IMMUNIZATION

Childhood immunizations
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Dissatisfied Parents Together (interested in reforming the vaccine system)
(703) 938-3783. (Page 42).

Shots and drops for young children
(Page 42).

INJURY

Injury Information Clearinghouse
(301) 492-6424. (Page 16).

JOBS

Job outlook for the future
(Page 76).

KIDNEY

American Kidney Foundation
(800) 638-8299; MD (800) 492-8361.

LAUGHTER THERAPY

Old Candid Camera tapes for patients
(408) 625-3788; (213) 855-3394. (Page 54).

LEAD POISONING

Preventing lead poisoning
(202) 245-0151. (Page 17).

LEGAL

Juvenile Justice Clearinghouse, Department of Justice
(800) 638-8736; MD (301) 251-5500.

Children's Legal Rights Information and Learning
(202) 332-6575. (Page 75).

LEARNING DISABILITIES

Association for Children with Learning Disabilities
Clearinghouse
(412) 881-2253 (Page 56).

LEARNING PROCESS

Childhood learning process
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LEUKEMIA

Leukemia Society of America
(703) 960-1100 (Page 40).

LITTLE PEOPLE

Little People of America
(507) 451-3842. (Page 63).

LIVER

Child Liver Foundation
(201) 761-1111. (Page 46).

LUNG

American Lung Association
(212) 315-8700. (Page 47).

Lung Line
(800) 222-5864; (303) 355-LUNG. (Page 51).

MAIL FOR TOTS

Volunteers who write letters to ill children
(Page 50).

MATERNAL AND CHILD CARE

Clearinghouse for Maternal and Child Care
(202) 245-0151; (703) 558-7932. (Page 66).

MATERNITY

Edna Gladney Center Maternity and Adoption Service
US except AK, TX (800) 433-2922; TX (800) 772-2741.

MEDICAL CARE

Free or low cost medical care
Hotline (800) 638-0742 (MD) or (800) 492-0359 Except AK,
HI. (Page 48).

MEDICAL DEVICES

Practitioner's Reporting System (report problems with drugs or
medical devices)
(800) 638-6725; MD (301) 881-0256 (call collect).

MENTAL DEFICIENCY

American Association on Mental Deficiency
(800) 424-3088; DC (202) 387-1968. (Page 56).

MENTAL HEALTH

National Clearinghouse for Mental Health
(301) 443-4513; (301) 443-4514. (Page 53).

American Association of Psychiatric Services for Children
(Page 54).

Guide to mental health services
(Page 54).

MISSING CHILDREN

National Center for Missing and Exploited Children Hotlines
(800) 843-5678; (800) 843-5679; DC (202)634-9821. (Page 36).

Kid Watch
(800) 543-9282; (800) KID-WATCH. (Page 37).

Missing Children Help Center
(813) 623-5437. (Page 35).

Missing Children Network
US (800) 235-3535.

Child Find International
(800) 648-3463. (Page 37).

Kevin Collins Foundation for Missing Children
US except AK, CA (800) 272-0012; CA (800) 435-7538.

Pamphlet on Missing Children
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MOTORCYCLES

Motorcycle safety
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MURDERED CHILDREN

Parents who have experienced the tragedy of a murdered child
(513) 721-5683. (Page 21).

MUSCULAR DYSTROPHY

Muscular Dystrophy Association
(212) 586-0808. (Page 46).

MUSIC

Parent's Music Resource Center (rating system)
(703) 527-9466. (Page 75).

OBESITY

Childhood obesity
(301) 496-5133. (Page 43).

OBSERVATORIES

Skywatchers Report, University of Texas
(512) 471-5007. (Page 74).

Abrams Planetarium at Michigan State University
(517) 332-7827. (Page 74).

Smithsonian Astrophysical Observatory in Cambridge, MA.
(617) 491-1497. (Page 74).

Dial A Phenomenon, Smithsonian Institute, Washington, DC.
(202) 357-2000. (Page 74).

PARENTAL ASSISTANCE

Parenting guide
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"Totline"
(201) 442-1362. (Page 72).

Parents Without Partners
(301) 588-9354. (Page 77).

PEDIATRICS

American Academy of Pediatrics
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PESTICIDES

National Pesticide Clearinghouse
(800) 858-7378.

PHYSICAL HANDICAP

Books for the Blind and Physically Handicapped, Library of
Congress
(800) 221-4792; DC (202) 727-2142.

PKU PARENTS

PKU Parents
(415) 941-9799. (Page 47).

POISON

National Clearinghouse for Poison Control Centers
(301) 443-6414. (Page 18).

PREGNANCY

National Clearinghouse for Alcohol Information
Pregnancy
(301) 468-2600. (Page 67).

American College of Obstetricians and Gynecologists
(800) 468-3637; (202) 638-5577. (Page 66).

Effects of drugs on pregnancy
(Page 66).

Public Health Services, Department of Health and Human
Services, Adolescent Pregnancy Program
(202) 245-7473. (Page 29).

FIRST, teen to teen sex education
(919) 774-9515. (Page 29).

Effects of caffeine on pregnancy
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Effects of alcohol on pregnancy
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Prenatal care
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Effects of X-ray during pregnancy
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Effects of ultrasound on pregnancy
(Page 67).

Effects of toxic substances on reproduction
(919) 541-3345. (Page 67).

Adolescent pregnancy information
(301) 770-3662. (Page 29).

Premature babies
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Multiple births
(312) 266-9093. (Page 68).

Pregnancy after 35 (Down Syndrome)
(301) 496-5133. (Page 68).

Breast feeding
(202) 625-8400. (Page 69).

PUBLIC HEALTH

Office of Public Affairs, Health Resources and Services
Administration, Department of Health and Human Services
(301) 443-2086. (Page 40).

RAPE

National Center for the Prevention and Control of Rape
(301) 443-0353. (Page 30).

Sexual assault
(301) 443-0353. (Page 20).

READING

Smithsonian Institution Reading Promotion Program
(202) 287-3220. (Page 73).

REYE'S SYNDROME

Dangers of Reye's Syndrome
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Reye's Syndrome Hotline
(800) 233-7393; Ohio (800) 231-7393. (Page 42).

RETARDATION

President's Committee on Mental Retardation
(202) 245-7634. (Page 58).

Council for Exceptional Children
(703) 620-3660. (Page 59).

RUNAWAYS

National Runaway Hotline, 24-hours a day
(800) 621-4000; IL (800) 972-6004. (Page 23).

Department of Health and Human Services, Division of
Runaway Youth Programs
(202)755-7800. (Page 23).

Help, Inc
(215) 546-7766. (Page 24).

Operation Peace of Mind
TX (800) 392-3352; outside of TX (800) 231-6946. (Page 24).

Children of The Night (pornography and prostitution)
(213) 461-3160. (Page 25).

RUNAWAY SHELTERS

Alternative House in Virginia
(703) 356-2045. (Page 24).

Wyandotte House in Kansas
(913) 342-9332. (Page 24).

Youth Haven in Florida
(813) 774-2904; (813) 774-2698. (Page 24).

SAFETY

National Child Safety Council
(517) 764-6070. (Page 18).

Safe toys and sports equipment
(800) 638-2772. (Page 15).

Cancer-causing products
(513) 533-8326. (Page 18).

Child Safety Programs Handbook
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Questions and answers on schizophrenia
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SCHOOL

Help your child achieve in school
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SICKLE CELL DISEASE

National Association for Sickle Cell Disease
(800) 421-8453. (Page 43).

SMOKING

How to stop smoking
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SPINA BIFIDA

Spina Bifida Association of America
US except AK, IL (800) 621-3141; IL (312) 663-1562. (Page 47)

SPACE

NASA programs for children
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SPORTS

American College of Sports Medicine
(608) 831-4400. (Page 47).

Coaches' Program for Drug and Alcohol Prevention
(202) 633-1437. (Page 26).

Safe sports equipment
(800) 638-2772. (Page 15).

STUTTERING

National Center for Stuttering
(800) 221-2483; (212) 532-1460. (Page 63).

SUDDEN INFANT DEATH

National Foundation for Sudden Infant Death
(201) 807-0540. (Page 41).

National SIDS Foundation
(800) 221-7437; (301) 459-3388. (Page 41).

Pamphlet on Sudden Infant Death
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SUICIDE

National Adolescent Suicide Hotline, 24-hour crisis
intervention
US and AK (800) 621-4000 (Page 31).

National Institute of Mental Health (teenage suicide)
(301) 443-4515. (Page 30).

SURVIVAL

Hug a Tree and Survive (education for children if they become lost)
(Page 21).

SURGERY

National Second Surgical Opinion Program
(800) 638-6833. (Page 47).

TELEVISION

Television violence
(217) 384-1920. (Page 75).

TOYS

Safe toys
(800) 638-2772. (Page 15).

TRANSPLANTS

Living Bank
US except AK, TX (800) 528-2971; TX (713) 528-2971. (Page 48).

Organ Donor Hotline
(800) 24-DONOR

TRANSPORTATION

National Highway Transportation Safety
Administration, Public Affairs
(202) 366-9550. (Page 16).

TRAUMA

American Trauma Society
US except AK, MD (800) 556-7890.

TUBEROUS SCLEROSIS

National Tuberous Sclerosis Association, Inc.
(800) 225-6872. (Page 58).

VICTIMS

Resources for victims
(202) 724-5947. (Page 19).

VISION

Better Vision Institute
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Visually handicapped children
(703) 620-3660. (Page 54).

VENEREAL DISEASE

Symptoms, diagnosis, treatment of venereal diseases
(Page 29).

VACCINATIONS

Guide to childhood immunizations
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Dissatisfied Parents Together (reform of vaccination system)
(703) 938-3783. (Page 42).

Shots and drops for children pamphlet
(202) 783-3238. (Page 42).

VIOLENCE

Violence in the home
(301) 231-9540. (Page 36).

WISH FULFILLMENTS

A Child's Wish Come True
(617) 797-4141 (Page 48).

A Wish With Wings
(817) 261-8752. (Page 48).

Brass Ring Society
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Make-A-Wish Foundation of America
(602) 234-0960. (Page 49).

Starlight Foundation
(213) 557-1414. (Page 49).

Sunshine Foundation
(215) 335-2622. (Page 49).

Operation Liftoff
(215) 639-1586. (Page 49).

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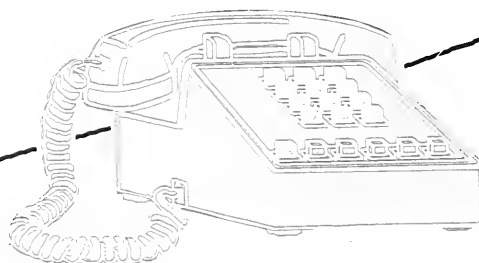
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HOTLINES
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OTHER RESOURCES

HELP FOR CHILDREN

For
Parents
Teachers
Counselors
Physicians
Psychiatrists
Psychologists
Social Workers



When a problem or emergency arises with our children we often remember vaguely a hotline or organization that could help us. But "What was the number of that hotline?" and "What was the name of that organization?"

HELP FOR CHILDREN puts free and accessible emergency information at your fingertips. It provides quick reference to helpful organizations and information dealing with the major problems faced by our children.

HELP FOR CHILDREN covers a wide range of problems including TEENAGERS IN DISTRESS, SAFETY (in and out of the home), PHYSICAL AND MENTAL DISEASES, HANDICAPPED CHILDREN, MISSING AND EXPLOITED CHILDREN, MATERNAL AND CHILD CARE, AND PARENTING PROBLEMS. A copy of **HELP FOR CHILDREN** should be in every home and on the desk of every child care professional.

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